

Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Unlock Your Buddha Nature: A Guide to Inner Peace



This Morning's Lesson is Drawn from

Unlocking Your Buddha Nature: A Guide to Inner Peace

the Meditation Manual

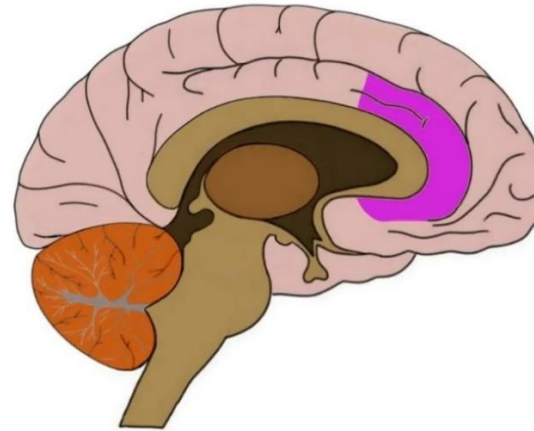
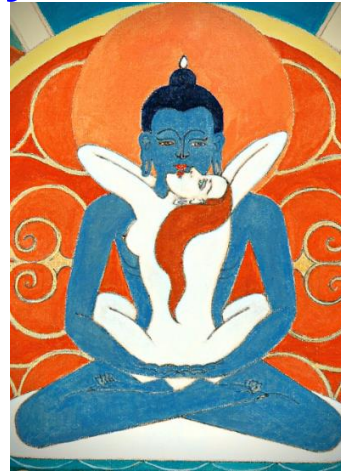
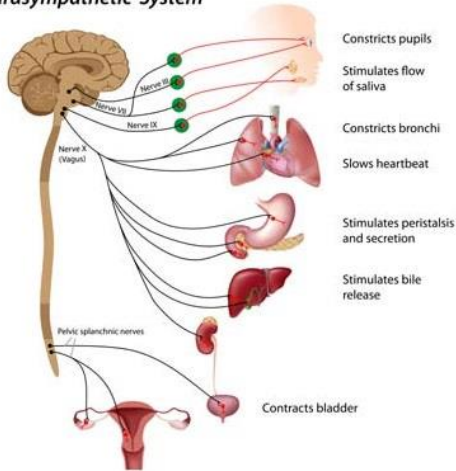
I'm currently writing:

“Easy Enlightenment”

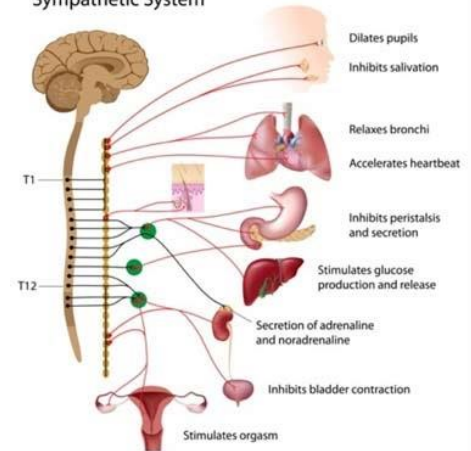
Unlocking Your Buddha Nature: A Guide to Inner Peace

Dhyana's Mindfulness & Meditation the 7th and 8th Folds

Parasympathetic System



Sympathetic System



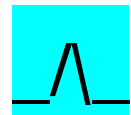
Mindfulness perceive inhalation

*Meditation **release** exhalation*

Notice this
relaxing!

(Sam-sa-ra)

(Nir-va-na)

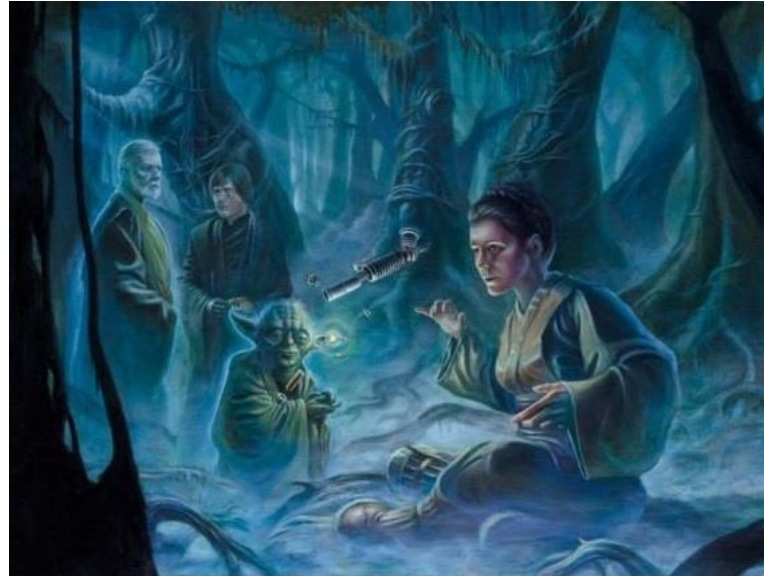


1 collections of 1 set of 17 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace

Mindfulness & Meditation: *Sati-Passaddhi, Ch'an, Dhyana, Proto-zen, Zen, Mahamudra (or Great Seal), Mahasandhi (or Great Coalescence), Ati yoga (or Utmost), Dzogchen (or Great Completion Stage Tantra) & Trekcho (or Slice-through)*

IV. Practice



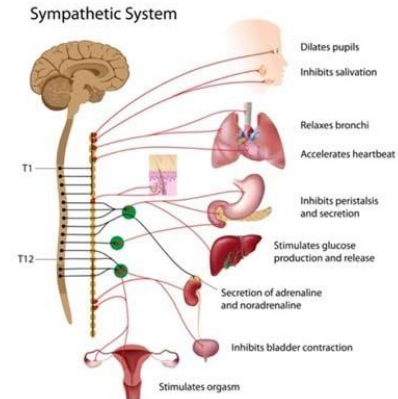
Unlocking Your Buddha Nature: A Guide to Inner Peace

Mindfulness



Perceive:

- vulnerably,
- passively,
- viscerally, and
- randomly



Mindfulness perceive inhalation

This

Notice this

Mindfulness perceive inhalation

Notice this

This

Inhalation

Perceiving this very turbulent play of mind

Unlocking Your Buddha Nature: A Guide to Inner Peace

Appearance/ relaxing *Emotion/ relaxing*

Resonance/ relaxing *Intention/ relaxing*

Sensation/ relaxing *Cognition/ relaxing*

This Flavor/ relaxing *Recollect/ relaxing*

This Fragrance/ relaxing *Imagine/ relaxing*

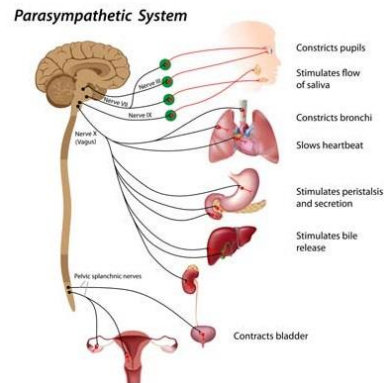
Mindfulness perceive inhalation ***Notice this***

*Meditation **release** exhalation* ***relaxing!***

2 collections of 20 sets of 17 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace

Meditation



Meditation **release** *exhalation* **ease!** **relaxing!**

Meditation **release** *exhalation* **re-la-xing!** **ease!**

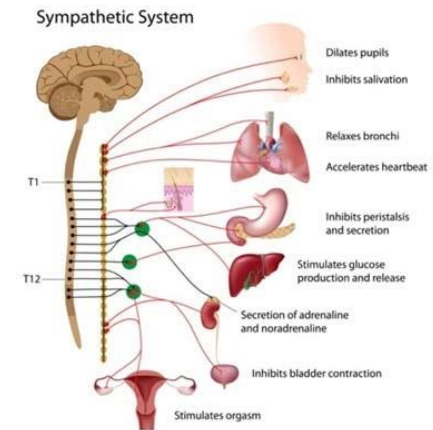
Exhalation **relaxing into mind's non-graspable nature!**

Unlocking Your Buddha Nature: A Guide to Inner Peace



Perceive:

- vulnerably,
- passively,
- viscerally, and
- randomly

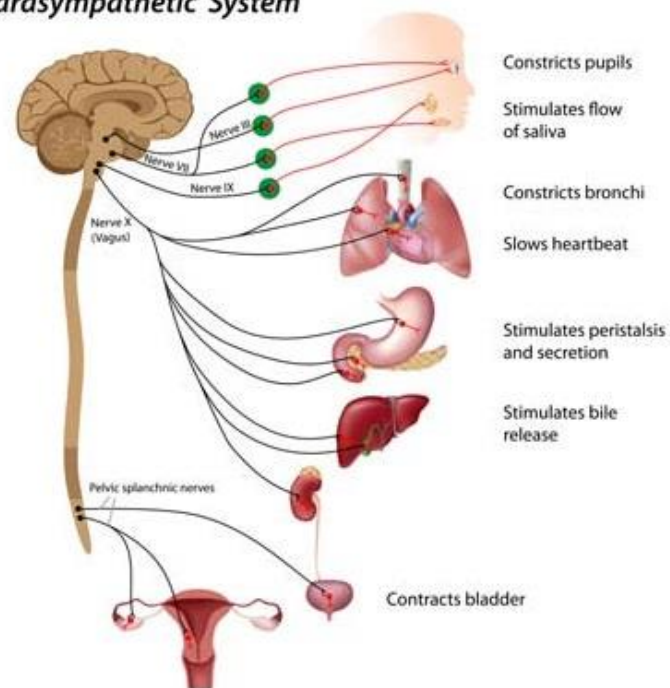


Mindfulness

Unlocking Your Buddha Nature: A Guide to Inner Peace

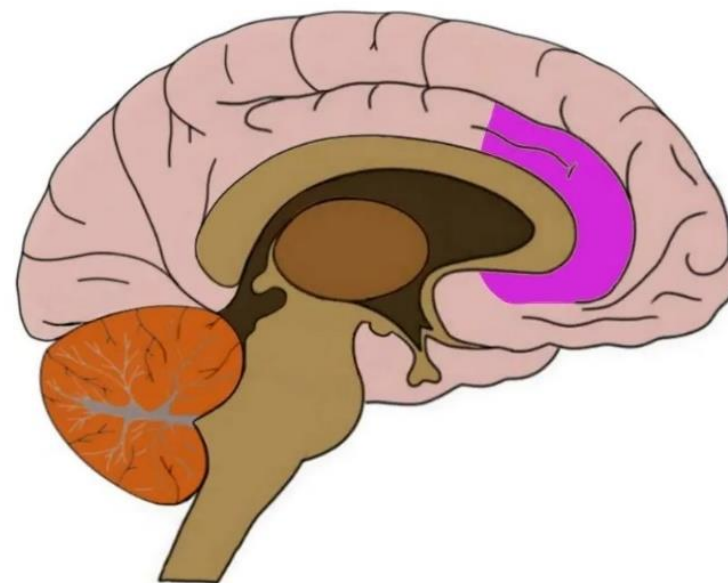


Parasympathetic System



Meditation

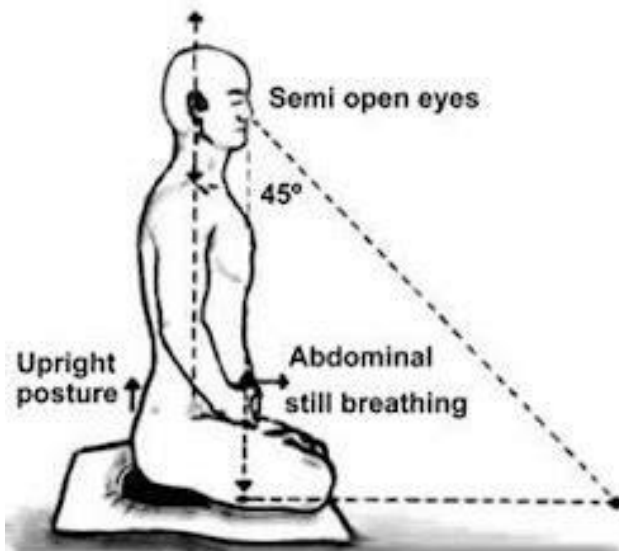
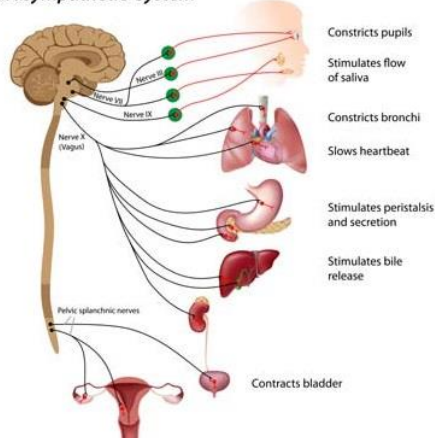
Unlocking Your Buddha Nature: A Guide to Inner Peace



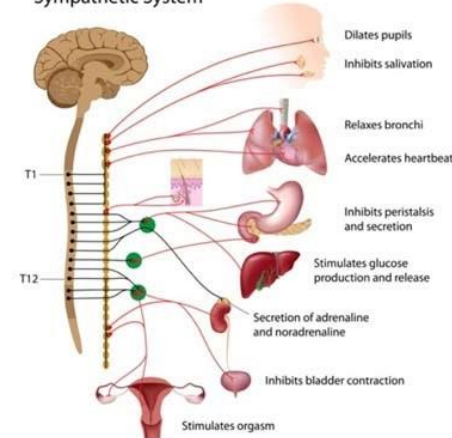
Empathy

Unlocking Your Buddha Nature: A Guide to Inner Peace

Parasympathetic System



Sympathetic System



Mindfulness perceive inhalation

This

Mind

Notice this

Samsara

Meditation **release** exhalation

ease!

no!

relaxing!

Nirvana

Inhalation

Perceiving this very turbulent play of mind

Exhalation

relaxing into mind's non-graspable nature!

2 collections of 16 sets of 17 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace

Yang's Attributes

Rigid,
Fearful,
Controlling,
Elitist,
Cryptic,
Competitive,
and Cruel

Unlocking Your Buddha Nature: A Guide to Inner Peace

Yin's Attributes

Flexible,
Loving,
Laid-back,
Egalitarian,
Lucid,
Cooperative,
and Kind

Unlocking Your Buddha Nature: A Guide to Inner Peace

Sit Training

1 st week	5 minutes	2 nd week	10 minutes
3 rd week	15 minutes	4 th week	20 minutes
5 th week	25 minutes	6 th week	30 minutes
7 th week	35 minutes	8 th week	40 minutes
9 th week	45 minutes	10 th week	50 minutes
11 th week	55 minutes	12 th week	60 minutes
13 th week	65 minutes	14 th week	70 minutes
15 th week	75 minutes	16 th week	80 minutes

Unlocking Your Buddha Nature: A Guide to Inner Peace
The Promise of the Satipatthana Sutta

7 years or

7 quarters or

7 months or

7 fortnights or

7 weeks or even

7 days

Unlocking Your Buddha Nature: A Guide to Inner Peace
Three Circles of Emptiness

Realization of Emptiness

Notice form... relaxing

Notice mind... relaxing

Notice me...relaxing

Unlocking Your Buddha Nature: A Guide to Inner Peace
Emptiness of Victimhood

That action... relaxing

That actor... relaxing

This actee... relaxing

Unlocking Your Buddha Nature: A Guide to Inner Peace
Emptiness of Villainy

That action... relaxing

That actee... relaxing

This actor... relaxing

Unlocking Your Buddha Nature: A Guide to Inner Peace
Contemplative Notation

Relaxing exhalation:

ease!

Observant inhalation:

This

Unlocking Your Buddha Nature: A Guide to Inner Peace
Bengali Crease Counting

1st collection of 16 sets of 16 rounds

*count the sixteen BREATHS upon the left: **little, ring, middle, and index** finger's:
lower, middle, & higher creases, & their tips.
count sixteen SETs upon the right **little, ring, middle, and index** finger's
lower, middle, & higher crease sets & tip*

Unlocking Your Buddha Nature: A Guide to Inner Peace

The Eight Worldly Concerns

	HATE	CRAVE
CIRCUMSTANCE	scarcity	abundance
BODY	pain	pleasure
COMMUNICATION	scorn	praise
MIND	obscurity	fame
		—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace

The Four Noble Truths:

1 – Stressors

- a) Circumstantial
- b) Physical
- c) Interpersonal and
- d) Mental

2 – Exacerbation by the primal drives of

- a) Shoving (*hating*),
- b) Reaching (*craving*), and
- c) Clinging.

Unlocking Your Buddha Nature: A Guide to Inner Peace

3 – Liberation

- a) NOT from the presence of the three mental poisons
- b) BUT from their tyranny over our choices, utterances, and deeds

4 – The Eight-fold path of liberation practice and enlightenment's mastery by practicing it

- a) spontaneously,
- b) habitually,
- c) easily, and
- d) effectively _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace
Skillful Means:

Cryptic, pseudo-spiritual word salad does not enlightenment make.

Scatteredness + Inhalation's-mindfulness = Centeredness

Controlling-tendencies + Exhalation's-meditation = Spontaneity

Centeredness + Spontaneity = Skillful means or Simplicity

For, when our decisions, utterances, and deeds

FLOW from centered spontaneity

any harm we do is minimized

and any good we do is maximized. _Λ_

Unlocking Your Buddha Nature: A Guide to Inner Peace

Eight fold path:

VIEW or contemplation

- 1 – Liberating view (*supporting letting-go*)
- 2 – Liberating intention (*compassionate and loving*)

compassionate ACTION

- 3 – Liberating communication (*which is rather kind*)
- 4 – Liberating conduct (*which is rather kind*)
- 5 – Liberating commerce (*which is rather kind*)

MEDITATION as described by the seven enlightenment factors

- 6 – Liberating enthusiasm (*that is rather joyful*) 4 & 3
- 7 – Liberating mindfulness (*that is vulnerable, passive, visceral, & spontaneous*) 1, 2, & 6
- 8 – Liberating meditation (*constituting physical relaxation, psychic release*) 5 _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

The Seven Enlightenment Factors:

1 mindfulness (7),

2 curiosity (7),

3 energy (6),

4 joy (6),

5 tranquility (8),

6 coalescence (7),

7 balance (8) ^

Unlocking Your Buddha Nature: A Guide to Inner Peace
Distractions

Let us NOT ignore the AT AT in the room

Unlocking Your Buddha Nature: A Guide to Inner Peace



Unlocking Your Buddha Nature: A Guide to Inner Peace

What are we to DO
with that which we notice?

Unlocking Your Buddha Nature: A Guide to Inner Peace

Are we to shove at that which we perceive
like Yoda force pushing Darth Sidious
in “Revenge of the Sith?”

Unlocking Your Buddha Nature: A Guide to Inner Peace



Unlocking Your Buddha Nature: A Guide to Inner Peace

Are we to greedily, hungrily, and desperately
reach for that which we perceive

like Smeagol chasing after his precious
only to plummet into the bowels of Mount Doom
in “Return of the King?”

Unlocking Your Buddha Nature: A Guide to Inner Peace



Unlocking Your Buddha Nature: A Guide to Inner Peace

Are we to obsessively analyze and label
that which we perceive

like poor, mad Renfield
forever organizing and then RE-organizing his bugs
in “Dracula?”

Unlocking Your Buddha Nature: A Guide to Inner Peace



Unlocking Your Buddha Nature: A Guide to Inner Peace

Instead we could NOTICE: vulnerably,
passively,
viscerally, and
randomly

Whether that which we notice is: sight,
scent
sound
taste
sensation

Unlocking Your Buddha Nature: A Guide to Inner Peace

Whether that which we notice is: emotion,
intention
thought
memory
imagination

Whether that which we notice is: External or Internal,
Physical or Mental
Pleasurable or Painful
Interesting or Boring
Glorious or Grotesque

Unlocking Your Buddha Nature: A Guide to Inner Peace

Whatever comes
let it come

whatever stays
let it stay

whatever goes
let it go _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

RIGHT: view of Letting-go's First fold

II. Heart (of Wisdom) Sutra



Unlocking Your Buddha Nature: A Guide to Inner Peace
introduction

*(It is said that) **Quan Shi Yin Pu Sa***
(an archetype of enlightened compásson),

while moving in the deep peace
of Perfect understanding,

Unlocking Your Buddha Nature: A Guide to Inner Peace

shéd light on the five aggregates
and found them equally empty.

Áfter this realization,
she (*made peace with*) áll pain.

mindfulness and meditation

*Meditation's **relaxing** exhalation*

yes!

Mindfulness' perceptive inhalation

This

1st collection of 16 sets of 16 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace
five aggregates – first

“Listen, Sha-ri-pu-tra,
form is emptiness
emptiness is form,

fórm does NOT differ from emptiness,
emptiness does NOT differ fróm form.

Unlocking Your Buddha Nature: A Guide to Inner Peace

The same is true with feeling,
appraisal, impulse and awareness.

<i>Form..... (form)</i>	<i>body</i>
<i>Feeling..... (feel)</i>	<i>pleasure, pain, or nether</i>
<i>Appraisal..... (rate)</i>	<i>intensity (volume)</i>
<i>Impulse..... (drive)</i>	<i>primal drives (shoving, reaching, clinging)</i>
<i>Awareness..... (mind)</i>	<i>perception</i>

Unlocking Your Buddha Nature: A Guide to Inner Peace

three dualities

“Listen, Sha-ri-pu-tra, all phenomena
are marked with emptiness;

Unlocking Your Buddha Nature: A Guide to Inner Peace

they are neither produced nor destroyed,
neither corrupted nor purified,
neither increasing nor decreasing.

contemplation

Relaxing exhalation:

*how **NOT** two?*

Observant inhalation:

This and that...

Unlocking Your Buddha Nature: A Guide to Inner Peace
five aggregates – second

Therefore, in emptiness there is no form,
no feeling, no appraisal,
no impulse, (*and*) no awareness
(*that once perceived, can NOT be released*);

Unlocking Your Buddha Nature: A Guide to Inner Peace
Deconstructing the Three Circles of Experience
What observe?

nó sensation, no flavor, no scent,
no sound, no sight, no phenomena
(*that once perceived, can NOT be reléased*);

Unlocking Your Buddha Nature: A Guide to Inner Peace

How observe?

nó body, no tongue, no nose,
no ears, no eyes, no mind
(*that once perceived, can NOT be reléased*);

Unlocking Your Buddha Nature: A Guide to Inner Peace
Observing...

nó feeling, no tasting, no smelling,
no hearing, no seeing, no noticing
(*that once perceived, can NOT be reléased*);

Sensation... relaxing!
That flavor... relaxing!
That there scent... relaxing!
That there sound... relaxing!
That there sight... relaxing!
Phenomena... relaxing!

This body... relaxing!
This here tongue... relaxing!
This here nose... relaxing!
These here ears... relaxing!
These here eyes... relaxing!
This here mind... relaxing!

This feeling... relaxing!
This tasting... relaxing!
This smelling... relaxing!
This hearing... relaxing!
This seeing... relaxing!
Noticing... relaxing!

Unlocking Your Buddha Nature: A Guide to Inner Peace
interdependence

nó interdependent origins and no extinction
of them from confusion to aging and death
(*that once perceived, can NOT be released*);

1 Confusion (competitiveness and clinging)

3 Awareness (influenced by previous actions)

5 Six Sources (body, tongue, nose, ears, eyes, mind)

7 Feeling (pleasure, pain, or neither)

9 Clinging

11 Birth (consciousness leaving bardo & entering an ovum)

2 Action (influenced by competitiveness and clinging)

4 Name and Form (the five aggregates)

6 Contact (feeling, tasting, smelling, hearing, seeing, & thinking)

8 Craving (reaching)

10 Existence (Samsaric in nature)

12 Aging and Death (under the influence of the 1st link)

Unlocking Your Buddha Nature: A Guide to Inner Peace
the four noble truths

nó stress, no exacerbation,
no liberation, **nó** path;

nó understanding, no attainment
(*that once perceived, can NOT be released*).

Unlocking Your Buddha Nature: A Guide to Inner Peace
the fruit of training

“Bécause there is NO attainment,

(that once perceived, can NOT be reléased)

thé Bo-dhi-sat-tva

(archetypes of enlightenment), supported

Unlocking Your Buddha Nature: A Guide to Inner Peace

**bý the Perfection of Understanding,
find NO obstacles for their minds
(*that once perceived, can NOT be released*).**

Unlocking Your Buddha Nature: A Guide to Inner Peace

Háving NO obstacles

*(that once perceived, can NOT be released),
they transcend (the tyranny of) fear,*

**líberating themselves forever
from (the tyranny of) illusion
and realizing perfect Nirváána.**

Unlocking Your Buddha Nature: A Guide to Inner Peace

Áll Buddhas of the past, present, and future,
thanks to this Perfect Understánding,

árrive at full, right,
and universal Enlighténment.

Unlocking Your Buddha Nature: A Guide to Inner Peace
mantra

“Therefore, one should know
that Perfect Understanding

ís (*like*) a great mantra,
is (*like*) *an* unequalled *mántra*,

Unlocking Your Buddha Nature: A Guide to Inner Peace

thé destroyer of all suffering,
the incorruptible truth.

Á mantra of Praj-na-pa-ra-mi-ta's
(*perfect understanding*)
could therefore be próclaimed.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This is the mantra:

“Ga-te Ga-te Pa-ra-ga-te

Pa-ra-sam-ga-te Bod-hi Svwá-ha!

Unlocking Your Buddha Nature: A Guide to Inner Peace

Máy *all* so (*notice, relax and release*)
that we go, go, **completelý** go,

cómpletely and perfectly go
to enlighténment! _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

C. Four Levels of Practice

Browsers – come to class occasionally with no consistency and see NO transformation.

Students – come to class every twelve hours; they evolve.

Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).

Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).

Unlocking Your Buddha Nature: A Guide to Inner Peace

Three Durations of Practice

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
Buddha’s eight-fold path to the point of practicing it:
spontaneously, habitually, easily and effectively.*

Unlocking Your Buddha Nature: A Guide to Inner Peace
The PATH of Mastery

Unconscious	Incompetence
Conscious	Incompetence
Conscious	Competence
Unconscious	Competence

Unlocking Your Buddha Nature: A Guide to Inner Peace

When have we mastered the Buddha's path?

PRACTICE:

spontaneously,
habitually,
easily, and
effectively



Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we practice his techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

E. The MEANS of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...

*and has demonstrated intellectual comprehension and emotional **evolution**.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

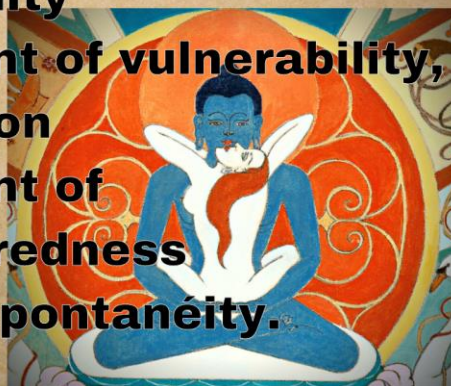
Although this path of mastery can be long, it is neither mysterious nor occult.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Yab Yum Iconography

THEIR beauty
reminiscent of empathy,
THEIR translucence
reminiscent of letting-go,

THEIR nudity
reminiscent of vulnerability,
THEIR union
reminiscent of
HIS centeredness
and **HER** spontaneity.



Unlocking Your Buddha Nature: A Guide to Inner Peace

1. Distraction or Enhancement

Movies – active or passive

Snacks – distracting or enhancing

Notation – “*This*” and “**yes!**”

1. Tale of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

Unlocking Your Buddha Nature: A Guide to Inner Peace

I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

Unlocking Your Buddha Nature: A Guide to Inner Peace

and the popcorn and the soda
enhanced my enjoyment
of the movie.

And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“*Notice this...*”

and during our exhalation
we silently, and mentally recite,
“*relaxing!*”...

Unlocking Your Buddha Nature: A Guide to Inner Peace

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can watch our mind
while noticing and relaxing.

We could notice sensations,
and flavors, and scents,
and sounds, and sights...

Unlocking Your Buddha Nature: A Guide to Inner Peace

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

Unlocking Your Buddha Nature: A Guide to Inner Peace

likewise our silent and mental
recitations of “Notice this...” and “**relaxing!**”
in harmony with our breathing...

does NOT undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained...

Unlocking Your Buddha Nature: A Guide to Inner Peace

that man was not made
for the Sabbath,
but Sabbath for man.

Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “Notice *this...*” and “**relaxing!**”

but rather
that we silently and mentally recite
“Notice this...” and “**relaxing!**”
that we might more efficiently meditate

Unlocking Your Buddha Nature: A Guide to Inner Peace

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective,
and transformative.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

Unlocking Your Buddha Nature: A Guide to Inner Peace

to reinforce a rule-of-two-like elitism and coercion.

Some deliberately chose obfuscation and coercion because they embraced elitism and power, and prestige...

others chose the same obfuscation and coercion because they lacked the mental acuity to know any better.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

I'm telling you the opposite.
I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less effective.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Unraveling the Illusion of Control: Exploring Meditation

Neither: producer...

Merely: audience member

Buckle-up: and enjoy the ride

Unlocking Your Buddha Nature: A Guide to Inner Peace

3. Parable of the Movie Patron

Let us revisit our friend
the movie patron.
He has purchased his ticket,
and his snack, and his beverage,

and has taken his seat
in the air conditioned comfort
of the movie theater.

After a handful of trailers,
how many?
Just enough to make him forget
what movie he came to see.

Unlocking Your Buddha Nature: A Guide to Inner Peace

And after those trailers
the movie begins.

And whether it is adventure, or horror,
or comedy, or drama

our friend the patron sits back
and enjoys the ride
as he knows he has little other choice.

For he does not confuse himself
for the screenwriter, nor editor,
nor director, nor producer
and knows completely

Unlocking Your Buddha Nature: A Guide to Inner Peace

that what occurs upon the screen
is utterly out of his control.

So he nibbles his snack
and sips his beverage
and enjoys the show.

Likewise, when the wise sit down,
cross-legged to meditate
they know it is NOT their job to select

the sensations, or flavors, or scents, or sounds, or sights,
or emotions, or intentions, or reasonings, or recollections, or imaginings
that cartwheel across the metaphoric stage of their mind.

Unlocking Your Buddha Nature: A Guide to Inner Peace

What then is their job?

To notice: vulnerable, and passive,
withOUT bothering to analyze or label
and to physically relax that we might mentally let go.

And to do all this
in harmony with the tightening tendencies of each inhalation
and with the relaxing propensities of each exhalation.

For, in our very good fortune,
that is how evolutionary biology
selected for our bodies and minds to best operate.

Unlocking Your Buddha Nature: A Guide to Inner Peace

And if we put this advice into action,
every morning and every evening,
then we could very much be like a child, with a video game:
difficult, and frustrating, and seemingly impossible to prevail against;

who at long last receives the manufacturer's cheat-codes
and is at last able to transform
their time spent with the video game
from an ordeal, into a delight.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Cultivating Harmony:
the Synergy between Veganism and Meditation*

Physical Challenges

Mental Turmoil

Dr. Michael Greger

Nutrition Facts dot Org

4. Whole-food Veganism's Physical Panacea

Buddhist tantra is the path of love and letting-go.
Love is more than just a feeling.

Compassion is an intention that effects our choices,
and our behaviors, and the ripples that we generate
that, in turn, effect the world around us.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Choosing a cruelty-free diet is one of the easiest ways to diminish the suffering created by our consumer choices.

The benefits generated by embracing a whole-food vegan diet are not limited to non-human animals with whom we share this planet,

nor even this planet itself, the only place in the known universe that we are certain sustains life (for the time being).

Unlocking Your Buddha Nature: A Guide to Inner Peace

The physical, and en-dro-crin-o-lo-gi-cal,
and neurological, and psychological benefits
that we could savor on a whole-food vegan diet
have been observed in peer reviewed scientific journals.

In the parody song “White and Nerdy”
Weird Al Yankovic sings of a fellow
who “...does calculus just for fun...”.

Which reminds me of Dr. Michael Greger, M.D.
whose full time job is to analyze
EVERY peer-reviewed, nutrition-oriented study
published in English, every year.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This man is no ideologue,
content to twist the facts
in order to support his world view.

For his top priority is to discover the dietary interventions
that could prevent disease, reverse disease,
and increase quality of life as well as longevity.

And towards that end
he uses meta analysis to follow the facts
wherever they lead;
like a contemporary, medical Sherlock Holmes...

Unlocking Your Buddha Nature: A Guide to Inner Peace

if Sherlock was so geeky
as to name his book
after a Monty Python skit.

“How NOT to Die”

first explores the top fifteen causes of premature death in America,
secondly shares a dozen things we could do
to prevent and reverse these disorders,

and thirdly contains hundreds of citations
to peer-reviewed studies.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This book is a virtual panacea of all medical disorders.

It is available on Amazon dot com

and the Buddha Joy Meditation School

receives NO remuneration for your purchase of this life-saving book.

Unlocking Your Buddha Nature: A Guide to Inner Peace
The Essence of the Four Sets of Vows

Karma Chakme Rinpoche's Journey

1 Refuge

2 Monastic

3 Bodhisattva

4 Tantra

Prahe Vajra's

6. Essence of the Four Sets of Vows

Karma Chakme Rinpoche was a brave soul who received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, the archetype of enlightened compassion, guiding him to begin the journey out of sectarianism and fundamentalism.

In his effort to transcend sectarianism he embraced the teachings and practices of both the Kagyu as well as Nyingma sects as best he could.

*In his effort to transcend **fundamentalism** he strove to simplify Highest Yoga Tantra or Ut-ta-ra Tan-tra in Sanskrit, as well as essentialize the hundreds of Hinayana, Mahayana and Vajrayana vows.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Towards the latter: he taught that the essence of all the Refuge vows was to simply trust in the Bud-dha, Dhar-ma and Sang-ha, he taught that the essence of all the Pratimoksha vows of morality is NON-violence,

he taught that the essence of all the Bodhisattva vows of compassion was to share all our good karma with all beings,

and he taught that the essence of the Tantric Samaya of wisdom was to see ourselves as Chen-re-zik and see our teacher as Chen-re-zik's teacher, A-mi-ta-bha.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Many centuries later Lama: Jigme Gyatso received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, guiding him to journey further out of sectarianism, fundamentalism, and patriarchy.

In terms of sectarianism he was led to explore the teachings and practices of each sect of Buddhism and in terms of transcending fundamentalism, which is one of patriarchy's symptoms,

*he was taught further simplify the four sets of vows thusly: the essence of the Refuge vows is to simply **rely** upon the example of Buddha's life story, **apply** the instructions of the Dharma,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*and humbly **rely** upon the support offered by fellow Sangha members,
(those who are striving to master the Buddha's teachings)
as well as lovingly support Sangha members with our skill set as best we can;*

*the essence of the Pratimoksha vows of morality
is still NON-violence which includes a whole-food, vegan diet
which practices NON-violence toward the planet, NON-human animals,
as well as our own lucidity and longevity;*

*the essence of the Bodhichitta vows of compassion
is to blend our practice of the four bases of mindfulness
with compassionate and loving intentions
for each being of each world or each galaxy real or imagined;*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*the essence of the Tantric Samaya of wisdom
is to enthusiastically apply our teacher's instructions
and follow his example as best we can.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

PTSD and Walking Meditation

- 1 The Never-ending Traumatic Now,
- 2 Massaging our Hippocampus,
- 3 Walking around the Block (*Dr. Paul Hartmann's "Walking your Blues Away"*),
- 4 Tapping and Gazing

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. Walking Meditation

After fifteen weeks of twice daily livestream practice you should have automatically memorized the 24 contemplations of Tantra's: mindfulness, compassion, insight, love, and letting-go.

Which should come in handy, as this week you could begin training in brisk, walking meditation.

Its simple, just perform the 24 contemplations you've already grown accustomed to while briskly walking through your neighborhood. This is especially useful during times of emotional upset or even PTSD episode.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Of course if you're so upset as to experience disorientation then please limit your walking course to just going around your block, that way you won't get lost, or walk into traffic.

Blending the 24 contemplation techniques you've already learned with brisk walking allows us to bilaterally stimulate our hippocampus and amygdala which aids in the processing of difficult events and emotions.

REMEMBER: upon this path we do not practice rigid concentration which stimulates our sympathetic nervous system, but rather relaxed mindfulness which accesses our parasympathetic nervous system; the quick path to the light side, or eager youngling.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Sky Gazing Meditation

- 1 Sky,
- 2 Horizon,
- 3 Earth,
- 4 Hallucinations

Unlocking Your Buddha Nature: A Guide to Inner Peace

9. Sky Gazing

In “Heart Treasure” the phrase “King of the sky” could remind us literally of the practice of sky-gazing,

where we perform the contemplation, compassion, and meditation that we are taught in the sixteen week series of meditation classes while gazing into the sky.

Any time of day we could gaze into the sky while meditating, but it could be especially poignant to gaze at the sun, doing so only during the first hour of sunrise, or the last hour of sunset.

In Sanskrit this practice is sometimes referred to as Surya Chaku.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Common sense prevails:

*1 – remove your corrective lenses or contact lenses,
gaze with the left eye for four breaths,
then with the right eye for four breaths,
alternating back and forth;*

*2 – only do this for as long as it feels comfortable,
giving yourself permission to progress gradually
such as adding seven seconds per day,
or seven minutes, or more every day.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*3 – relax the tissues of your face, especially around the eyes,
allowing the eyelids to close somewhat,
viewing the sun through one's eyelashes
thus occasionally giving rise to the illusion of subtle rainbows encircling the sun;*

*4 – don't wander into traffic,
for your vision will be dazzled after completing this exercise,
thus while it is fine to practice this during opening verbal contemplation & compassion,
as well as the silent meditation...*

*I recommend turning away from the sun
during the practice of the closing silent contemplation and compassion
thus allowing one's eyes to recalibrate
to the ambient lighting.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*5 – I recommend the lion posture Simha asana,
feet flat on earth or floor,
resting one's tuchus upon one's calves,
forearms resting upon knees.*

*Neither mysterious nor occult
this practice could act as a subtle tonic to your body. _Λ_*

Unlocking Your Buddha Nature: A Guide to Inner Peace

1. Four Levels of Practice

- Browsers – come to class intermittently
and see NO transformation.*
- Students – come to class consistently every morning AND every evening;
they evolve.*
- Yogis – students who perform one-day retreats
every quarter, month OR week,
studying four times that day (i.e.: 5am, 9am, 1pm & 5pm),
and practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat,
studying four times every day (i.e.: 5am, 9am, 1pm & 5pm),
and practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Three Durations of Practice

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
enlightenment’s Blissful-mindfulness, Peaceful-insight and Spontaneous-compassion.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Zero to Sixty in Twelve Weeks

Doing anything for an hour
without proper conditioning
is a hardship that could lead to aversion.

The old adage is true,
sure and steady could win the race.

1 st week	meditate for	5 minuets	approximately once every twelve hours,
2 nd week	meditate for	10 minuets	approximately once every twelve hours,
3 rd week	meditate for	15 minuets	approximately once every twelve hours,

Unlocking Your Buddha Nature: A Guide to Inner Peace

4 th week	meditate for	20 minuets	approximately once every twelve hours,
5 th week	meditate for	25 minuets	approximately once every twelve hours,
6 th week	meditate for	30 minuets	approximately once every twelve hours,
7 th week	meditate for	35 minuets	approximately once every twelve hours,
8 th week	meditate for	40 minuets	approximately once every twelve hours,
9 th week	meditate for	45 minuets	approximately once every twelve hours,
10 th week	meditate for	50 minuets	approximately once every twelve hours,
11 th week	meditate for	55 minuets	approximately once every twelve hours,
12th week	meditate for	60 minuets	approximately once every twelve hours,

Unlocking Your Buddha Nature: A Guide to Inner Peace

2. The PATH of Mastery

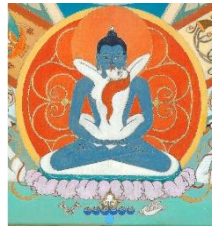
Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

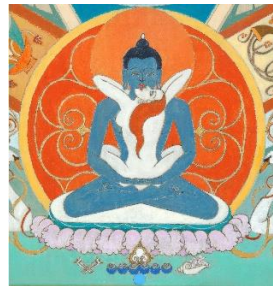
When have we mastered the archetypical Buddhas' vulnerability, non-grasping, compassion and centered spontaneity?



Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



Unlocking Your Buddha Nature: A Guide to Inner Peace

3. The MEANS of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...

*and has demonstrated intellectual comprehension and emotional **evolution**.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

Although this path of mastery can be long, it is neither mysterious nor occult.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Origin of Mindfulness Meditation

- Palace
- 1st monastery
- 2nd monastery
- forest austerities
- forest balance

4. The Origin of Mindfulness Meditation

A tale is told of a north Indian prince
of the Shakya clan
who forsook his life of privilege and debauchery
to become a homeless wandering monk;

and who studied with not one
but two prominent teachers
who taught him the path of deep concentration.

Unlocking Your Buddha Nature: A Guide to Inner Peace

After time and effort
each of these teachers were so impressed
with he who some called Siddhartha
but who called himself Gautama

that they proclaimed
that he had mastered their teachings,
had become their equals,

and invited him to share the leadership
of their respective monastic communities.

Unlocking Your Buddha Nature: A Guide to Inner Peace

However, each time
Gautama politely refused
explaining that he had still not found
what he was looking for

(which of course sounds very much
like a U2 lyric, doesn't it?).

Again choosing to leave
(in this case a modicum)
of prestige and comfort

Unlocking Your Buddha Nature: A Guide to Inner Peace

Gautama retired to the forest
where for the next five years
he practiced austerities
in the company of five ascetics

until at last he saw
that enduring physical austerities
was as ineffective at generating peace
as was indulging in the debaucheries of the palace.

It was at that time
that he discovered the middle way
between all extremes.

Unlocking Your Buddha Nature: A Guide to Inner Peace

It seems he applied that epiphany
not only to his physical practices
but to his spiritual ones as well

for from that point
he no longer practiced concentration
(arbitrarily setting the mind upon one object
and shoving everything else away).

He saw that concentration was based in effort
and in control
and as such was unsustainable
and so he chose to practice the opposite.

Unlocking Your Buddha Nature: A Guide to Inner Peace

He forsook the path of controlling
and embraced the path of allowing.

He allowed his body and mind
to experience whatever they experienced
without any modification or contrivance.

He relaxed into inhalation
and found it ideal for perception.

He relaxed into his exhalation
and found it ideal for release:
spontaneous and uncontrived.

Unlocking Your Buddha Nature: A Guide to Inner Peace

After years of squeezing tight
his mind in concentration
he was now relaxing it
in vulnerable mindfulness

and as such
his doors of perception
swung open
wide upon their hinges

flooding his body and mind
with a wealth of information.

Unlocking Your Buddha Nature: A Guide to Inner Peace

To keep from drowning
in such a deluge
he took to organizing all experience
in terms of the four bases of mindfulness

which he often described of as
phenomena (or circumstance),
body, interpersonal-feelings, and mind.

Gautama also found it helpful to coordinate
contemplations of compassion, love, and impermanence
with these four bases of mindfulness

Unlocking Your Buddha Nature: A Guide to Inner Peace

and so he developed this system
that slowly swings from active contemplation
to passive meditation

like a pendulum's gentle motion
within a grandfather clock.

This method proved so effective
that in time people took to calling him
the awakened one or Buddha.

6. How Long does the Journey Take?

*Fundamentalism is a symptom of patriarchy
it delights in self-aggrandizement
and the disempowerment of its minions.*

*So it is not surprising when
when fundamentalists insist
that one must practice for eons
to master the Buddha's path.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*The only people who say that
are those who know
that their techniques
are impotent, flaccid, worthless, and weak.*

*The Buddha never taught
that one must practice for great oceans of time
in order to accomplish mindfulness' true knowledge
or wisdom's liberation.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*To the contrary,
he taught that one could master his path*

*of mindfulness, compassion, contemplation,
love, and letting-go
in as little as:*

*seven years...
or seven quarters,
or seven months,*

*or seven fortnights,
or seven weeks,
or even seven days.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When have we mastered
the Buddha's techniques?*

*When we practice them:
spontaneously, habitually,
easily, and effectively.*

*So attend a livestream every morning
and every evening:
for five minutes per session the first week,
and ten minutes per session the second week.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Each week lengthening
the duration of your participation
by five minutes.*

*Until within fifteen weeks
you're meditating like a Jedi.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Make use of this opportunity
of working with a live master
by typing your questions in the chat window
and applying his advice.*

7. Eleven Benefits of Loving-kindness

*In the Numerical Discourses of Buddha, Elevens – set 16
(or A-ngut-ta-ra Ni-ka-ya E-ka-da-sa Ni-pa-ta 16 if you prefer Pali)
it is written that the Buddha enumerated eleven benefits
to be had from the contemplation of loving-kindness.*

*The Buddha begins this discourse by explaining
that training the mind in loving-kindness
is integral to our liberation
from the tyranny of craving and clinging.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

He then explained

*how it is not sufficient to only contemplate loving-kindness
rather it must be applied
to our communication, behavior, and commerce.*

He enumerated the benefits thusly:

- 1. sleeping in comfort,*
- 2. awaking in comfort,*
- 3. freedom from (the tyranny of) evil dreams,*

- 4. being dear to humans,*
- 5. being dear to non-humans,*
- 6. being protected by the De-vas (gods and goddesses),*
- 7. being safe from fire, poison, and sword (weapon),*

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. *one's mind easily meditates,*
9. *one's demeanor is serene,*
10. *one's death is peaceful, and*

11. *if one fails to accomplish enlightenment in THIS life
one will take rebirth in a celestial realm
where one will continue one's training in comfort.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*As a vegan feminist I am comfortable
with either a literal or figurative interpretation
of this discourse.*

*The skillful contemplation
of both compassion and love
have been of great benefit to me*

*and I hope they will a great boon
to you as well.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. The Hedonism of Dopamine and the Pettiness of our Oxytocin

Let us begin with a bit of context.

In the “Failings of the World Discourse”

(or Lo-ka-vi-pat-ti Sut-ta if you prefer Pali)

*we learn, what my Tibetan teachers referred to as,
the eight worldly concerns.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

What are they?

Are they random?

Did the Buddha merely pull them out of dog's ear?

*Just as Zacharias Jansen required a microscope
to first see the minute entities
dwelling in a drop of pond water*

*or Galileo Galilei needed a telescope
to view the moons of Jupiter,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*likewise the eight worldly concerns are seen
when we view the four bases of mindfulness
through the two metaphoric lenses
of dread and desire.*

Let's take a closer look.

*In Tantra we often enumerate the four bases of mindfulness
as circumstance, body, communication, and mind.*

*When we view circumstance and body
through the lens of dread
we see circumstantial loss
and physical pain.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we view circumstance and body,
also known as lot and form,*

*through the lens of desire
we see circumstantial wealth
and physical pleasure (or bliss).*

*These dreads of scarcity and pain,
as well as the desires
for wealth and pleasure
are the domain of our brainstem.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*From the point of view
of natural selection
they were crucial to our
evolutionary biology.*

*Animals that did not feel dread
of scarcity and pain
nor desire for abundance and pleasure*

*did not live long enough
to pass on their genetic traits
or even have the desire to reproduce.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*If we wish to grow and evolve
into happy, well-adjusted adults
we must neither indulge our every impulse
nor ignore and repress them.*

*The Buddha's solution is to use mindfulness
to notice our impulses
and then harness their raw energy
through the contemplations*

*of compassion, love, and non-graspability
as well as the meditation of awareness and acquiescence.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we peer at communication and mind
through the lens dread
we see scorn and obscurity or shame.*

*In the context of desire
we perceive praise and fame.*

*Scorn, shame, praise, and fame
are the domain of our social midbrain.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Before we are quick
to write them off as petty and trivial
let us recall that our ancestors did not survive
because in comparison to other animals*

*we were swift of foot,
nor strong of limb,
nor sharp of claw,
nor long of fang.*

*On the contrary
our survival was largely due
to our big old brains
and our propensity to cooperate.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Ancient humans who did care
whether they received the support of their fellows or not
usually did not live long enough
to pass on that genetic trait.*

*Being esteemed and even favored by our fellows
is a biological imperative and an evolutionary need.*

*However if left unchecked
the hedonistic impulses of our survival brainstems
and the petty drives of our social midbrains
could make us neurotic and unfulfilled.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*It is therefore imperative
that we exercise the courage
to vulnerably practice the mindfulness*

*that notices the cravings and clingings
of our body and mind
and also practice the contemplation that harnesses their energy
to drive the engines of our compassion, love, and wisdom*

*as well as the meditation
with which we are able to process our experience
and release it
in the most therapeutic manner.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

In short

*it can be uncomfortable
and down-right embarrassing
to practice the vulnerable mindfulness*

*that notices our hedonistic, petty,
and petulant impulses.*

*However our task upon the spiritual path
is to neither ignore, indulge,
excuse, deride, nor condemn them*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*but to notice them
and harness them
and release them
in the most wonderful way.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Concentration is Not Mindfulness

Yang

Yin

Unlocking Your Buddha Nature: A Guide to Inner Peace

10. Concentration is NOT Mindfulness

*The path yang
is the path of fear, aggression,
rigidity, and controlling tendencies.*

*And although it leads to many places,
enlightenment is NOT one of them.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Concentration is a function of yang
a tool of patriarchy;
it chooses its focus
to the exclusion of all else.*

*Upon concentration's path
there is NO room for spontaneity,
nor relaxation, no less release.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*A tragedy of our time
is that so many
self-professed teachers of mindfulness*

*are not really teaching mindfulness
but are merely teaching concentration.*

*For whenever a teacher tells you
“...and when you notice
that your mind has wandered
gently bring it back...”*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*that individual is NOT teaching mindfulness
but really concentration
regardless of the labels
they bandy about.*

*Well what then
IS mindfulness?*

*A function of yin,
mindfulness vulnerably and passively notices
whatever seems to pass
through the sphere of its awareness*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*whether it is a sensation, or a flavor,
or a scent, or a sound or a sight,
or an emotion, or an intention,
or a thought, or a memory, or a fantasy.*

*Centered, and spontaneous,
and passive, and vulnerable
mindfulness merely notices*

*withOUT analyzing, or labeling,
of shoving some things away,
or clutching tightly at other things.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Mindfulness notices
and insight physically relaxes
thus setting space to mentally release.*

*Evolutionary biology has selected
for mindfulness to be wired into each inhalation
and for the wisdom of letting-go
to be wired into each exhalation.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Although the Buddha's path
of mindfulness and insight is simple
it NOT easy*

*for few things require as much courage
as true vulnerability. _Λ_*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Reconciliation Meditation

Like sitting next to a moving conveyor belt
All that comes up
is volunteering for reconciliation meditation

Unlocking Your Buddha Nature: A Guide to Inner Peace

“Should” is Poison

- Destructive Urges
- Empathetic Motivation
- Contemplation
- Meditation $_ \wedge _$

Unlocking Your Buddha Nature: A Guide to Inner Peace

12. “Should” is Poison

A good hearted fellow
asked for a contemplative solution
to, what he felt,
were the destructive urges

that he experienced
when in public.

Unlocking Your Buddha Nature: A Guide to Inner Peace

“I should do this.”

“I shouldn’t do that.”

“Should” is poison
for it is the unctuous whisper
of contrivance;

a dark legacy
of our yang tendencies.

On the other hand
centered spontaneity
is that which paves
enlightenment’s path.

Unlocking Your Buddha Nature: A Guide to Inner Peace

One of the many benefits
of training in the Buddha's technique
of passive meditation

is that we are able to notice
even the most grotesque of impulses

without falling into the extremes
of indulging them
or repressing them
(*which would undermine our mindfulness*).

Unlocking Your Buddha Nature: A Guide to Inner Peace

For it is so much more liberating
to find a way to release them:
easy and sustainable.

As we breathe IN
we could silently and mentally recite,
“Notice this...”

and as we breathe OUT
we could silently and mentally recite,
“relaxing!”

Unlocking Your Buddha Nature: A Guide to Inner Peace

After twelve or so breaths
we could apply
one of the Buddha's contemplations
such as the following:

During the inhalation
we could actively contemplate love
by silently and mentally reciting:
“Health bliss for all for FORMS...”

*(“FORMS” being just a
monosyllabic synonym for “BODIES”)*

Unlocking Your Buddha Nature: A Guide to Inner Peace

and during the exhalation
we could active contemplate wisdom
by silently and mentally reciting:
“each felt, yet changing!”

After four repetitions
or rounds
we could return
to the passive meditation:

“Notice this...
relaxing!”

Unlocking Your Buddha Nature: A Guide to Inner Peace

And back and forth we could swing
from passive meditation
to active contemplation
and back again,

like the ponderous motion
of the brass pendulum
of a grandfather clock.

There are some who fear
this technique to be too passive.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But I assure you
that although impulses may easily dominate us
when we are in a state of scatteredness
or contrivance

each of us
is neurologically incapable
of indulging a destructive impulse
from the place of centered spontaneity

that is the fringe benefit
of practicing
*“Notice this...
relaxing!”*

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace

So-called Buddhist Pranayama

- Ratios
- Opposite of Buddha Nature
- Rigid and Controlling
- Spontaneous and Uncontrived

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace

13. Buddha's Breathing Method

*Spiritual technologies
taught from the perspective of patriarchy
are often about control;*

*controlling our circumstance,
controlling our bodies,
controlling our relationships, and
controlling our minds.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And as such
patriarchy is rather fond of techniques
that contrive, and strain, and strive*

*to bend those circumstances, bodies,
relationships, and minds
to their will.*

*But the Buddha did not teach
from the perspective of patriarchy,
he taught from that of matriarchy.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Oh sure,
he began his spiritual journey
upon the path of patriarchy,*

*but having surmounted its summit
he did not care much
for where it had led him.*

*So he started from scratch
upon matriarchy's path
and rapidly earned the nick name
by which he is known by us today.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Upon the path of matriarchy

Gautama,

who would someday be known as the Buddha,

surrendered all hopes of trying to control

his circumstance, body, relationships, or mind.

And instead merely observed them

and released them

in the most wonderful way.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Recognizing that labeling,
no less analyzing
that which we perceive*

*is just another,
more subtle form of control;
Gautama released those as well.*

*Hindu breath control
is some times called Prana Yama
but it is not unique to the Indian sub-continent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Wherever minions of patriarchy
strive to control
their circumstances, bodies, relationships, and minds
you will find many who practice a form of breath control.*

*But the Buddha did NOT teach
the techniques and trappings of patriarchy,
he taught from the perspective of matriarchy
and as such did NOT teach any breath control.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*He did NOT teach folks
to select the length, or depth, or rate of respiration
but to merely notice it:*

*passively, vulnerably, and non-conceptually
FREE from the habit of analysis and labeling.*

*He taught us to coordinate
our contemplations and meditations
with our breathing:
spontaneous and uncontrived.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*As one who has enthusiastically tread the Buddha's path
for numerous decades*

*I have observed how all bodies tense during inhalation
and relax during exhalation;*

*and how, as such, inhalation is best suited for mindfulness
while exhalation is ideal for letting-go.*

*The minions of patriarchy
tend to be competitive,
and ambitious.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*They tend to elbow their way
into to positions of leadership
and be the most prolific of teachers.*

*And although the techniques they espouse
are well known
and widely practiced
they are profoundly impotent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And in their rigidity
and in their stubbornness
when they are confronted
with the ineffectuality of their methods*

*these minions of fundamentalism
turn to superstition*

*claiming that their techniques
had previously worked
in a golden age
far off in a mythical and distant past*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*but will not work during these days of darkness
when the quality of things and the
lifespan, emotions, views, and experiences beings
have so deeply degenerated.*

*These apologists of patriarchy bleat
that their so called powerful techniques
can NOT work in the absence of ceremony*

*although the Buddha taught
that an hour's worth of mindfulness
was far more effectual than a lifetime of ritual.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

After a lifetime of study and practice

*I can assure you
that patriarchy's path
leads to a dead end*

*whereas this path of Vegan Feminism
is the easy path
to great peace. _Λ_*

14. What is “Emptiness or Voidness”?

When reading books about Mahayana, or Tantric Buddhism the terms empty, emptiness, void, and voidness are bandied about quite abundantly.

However, upon closer reading you could find that little satisfactory explanation is offered and what is provided is either so shrouded in pseudo-intellectualism, or blind superstition

Unlocking Your Buddha Nature: A Guide to Inner Peace

*as to be less than worthless,
and to actually undermine and distract one
from the journey upon the Buddha's path:
the way of letting go.*

*How has this happened to Buddhism?
How has a significant chunk of the Buddha's teachings
come to have been obfuscated by minions of fundamentalism:
rigid, elitist, deceitful, or dull witted?*

*To answer that we'll have to step back
for a bit of context.
A tale is told that in the Buddha's first discourse
he taught of four noble truths.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

FIRST – there is stress.

There will often be circumstantial, physical, interpersonal, and mental stressors whose presence, absence, or loss could undermine our survival (no less reproduction) for those are the criteria of natural selection.

SECOND – although some causes of our stress

could seem to be out of our control

we have the unpleasant talent of taking whatever stress we've been handed and making it much worse:

Unlocking Your Buddha Nature: A Guide to Inner Peace

for the intensity of the stress we endure is directly proportional to the intensity of primal drives of shoving and hating, reaching and craving, and clinging.

THIRD – the liberation Buddha offers is not freedom from the mere presence of stress but, rather, freedom from their tyranny over our choices, utterances, and deeds.

FOURTH – just as there are things that create and intensify stress likewise there are things that can undermine our stress, its causes and that which exacerbate them: the eight fold path.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*This is the Buddha's eight-fold path,
which is easier to think about in terms of
contemplation, action, and meditation.*

*Contemplation's first fold is the wisdom of letting-go,
and it's second fold is compassion and love.*

*Action's third, fourth, and fifth folds
are merely compassion, love, and letting-go
skillfully applied to our
communication, behavior, and commerce.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Meditation's sixth, seventh, and eighth folds
are simply the enthusiasm we bring to the two fold process
of mindful awareness as well as
insightful relaxation and release.*

*Now that we've survived the overview
let's return to the first noble truth:
right-view's contemplation of the wisdom of letting-go.*

*Just as biology only makes sense in light of evolution
likewise voidness or emptiness only make sense
in the light of letting-go.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Let's return to the task of letting go
and dig a little deeper.*

*Did the Buddha's method of letting-go
consist of faith: blind, and grasping, and rigid?
No, it did not.*

*Was the Buddha's method of letting-go
comprised of pseudo-intellectual skullduggery?
No, not even a little bit.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*The Buddha's method of letting-go
was predicated upon marrying the two truths
with the two breaths.*

*The conventional truth is mindfulness:
vulnerable, passive, visceral, and random.*

*The ultimate truth is the wisdom of letting go:
that comes from the physical relaxation,
which sets space for mental release.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Let us take our bodies for example,
and begin with a literal approach.*

*As we breathe IN
our body could FEEL permanent, independent, and rather solid.*

*However, as we physically relax into our exhalation
this exact same body*

*could FEEL less permanent,
and less independent,
and less solid.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Now we could introduce a bit of simile.

*In fact as we relax into our exhalation
our body could feel as if it was as non-graspable
as a vast, empty void.*

*And now we wade yet deeper
into the waters of figurative communication.*

*What could be an example of a vast, empty void?
How about the illusion of an infinite azure sky,
on a bright and beautiful cloudless morn*

*which although is tantalizing to the eyes
cannot be grasped by our hands?*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Consider an umbrella
on a rainy day.*

*When we return home
we might give our wet umbrella a shake
and then hang it from a hook, in the mud room
that its moisture might better evaporate.*

*Once it has dried out
we close it completely, and tightly
so that the snaps on its storage ribbon may meet,
and then we return it to the closet.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Likewise, having explored
the experience of our body's non-graspability
both from the literal perspective,
as well as the figurative*

*we now convert the elaborate simile
to the compact metaphor
and wind-up with the concise yet cryptic statement
our body is "felt yet void."*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Lets contrast the use
of literal statements, similes and metaphors.*

We'll start with a literal statement:

“John is tenacious.”

Then we'll convert it to a simile:

“John is as tenacious as a dog with a bone;”

and then collapse it into a metaphor:

“John is a dog with a bone.”

Unlocking Your Buddha Nature: A Guide to Inner Peace

Is John literally a dog?

*Does he prance about on all fours
striving to sniff the butts of strangers?*

*Of course not,
for such things are frowned upon
in polite society.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Those of us stuck in the aggression,
and rigidity of our under brain's amygdala
have trouble with figures of speech
and tend to view things literally*

*which can give birth
to some fairly absurd
and destructive doctrines.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Those who've acclimated to the vulnerability and flexibility
of their empathetic anterior cingulate gyrus
have an easier time
delineating between the literal and the figurative.*

*Thus, in this text
I first introduce figurative statements as similes
before easing folks
into their metaphoric counterparts;*

*for it requires a very special degree of stupid
to confuse a simile with a literal statement.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*But why muck about with figurative speech at all
if it is so prone to confuse the rigid and weak minded?
Because figurative terminology
is the language of the under-brain.*

*Neurologically, so much of our coarser
rage, and terror, and despair
are rooted in our brain stem.*

*And since it evolved prior to the mammalian brain,
no less the forebrain,
it is virtually deaf to words and reason.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

What, then, is the language of our under-brain?

The five senses

of sight, sound, sensation, flavor, scent, and the like.

Our under-brain evolved to perceive

in terms of the five senses

and in time came to recall and imagine

through the lens of those five senses as well.

That is why figurative language,

while coming with its own pitfalls,

could generate such a profound effect

upon our under brain.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Sadly, as I've mentioned elsewhere
the minions of patriarchy and fundamentalism:
those who are enslaved by ambition, and greed,
and aggression, and fear, and rigidity*

*are very good at elbowing their way
into positions of power
but very bad at comprehending, no less mastering,
the teachings they claim to represent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And so we have today's
sorry state of affairs
where greedy politicians
ignore the counsel of scientists*

*and where religious leaders
ignore the teachings
of enlightened yogis.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Perhaps that is why Albert Einstein explained

“Great spirits

have always encountered violent opposition

from lesser minds.” Λ

Unlocking Your Buddha Nature: A Guide to Inner Peace

Bliss and Meditation

- NOT pain
- NOT an acquittal
- Neither Chase nor Flee allow it to find you
- Notice and Release $_ \wedge _$

Unlocking Your Buddha Nature: A Guide to Inner Peace

16. What do we mean by “Bliss”?

In Buddhist tantra

“Bliss” refers to any pleasant perception.

Since human have evolved to seek pleasure,
noticing bliss is effortless.

Take a moment to consider
your favorite sexual favor
to give, or receive, or share.

The same holds true
for our more “G-rated” delights
such as the sight of a sun set,
the sound of a cat’s purr,

Unlocking Your Buddha Nature: A Guide to Inner Peace

the sensation of a foot rub,
the flavor of a favorite fruit,
or the scent of a flower.

By coordinating the silent, and mental recitation
of “*This*... *ease!*” with our inhalation and exhalation
we could easily bring hedonism
into the paths of mindfulness and meditation. _Λ_

Unlocking Your Buddha Nature: A Guide to Inner Peace

**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and**

**the abandon with which she sports
reminds us of spontaneity.**

MEDITATE LIKE A JEDI



Unlocking Your Buddha Nature: A Guide to Inner Peace

May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight the seeks
sustainability,
both ecological and medical.

MEDITATE ^{LIKE} A JEDI

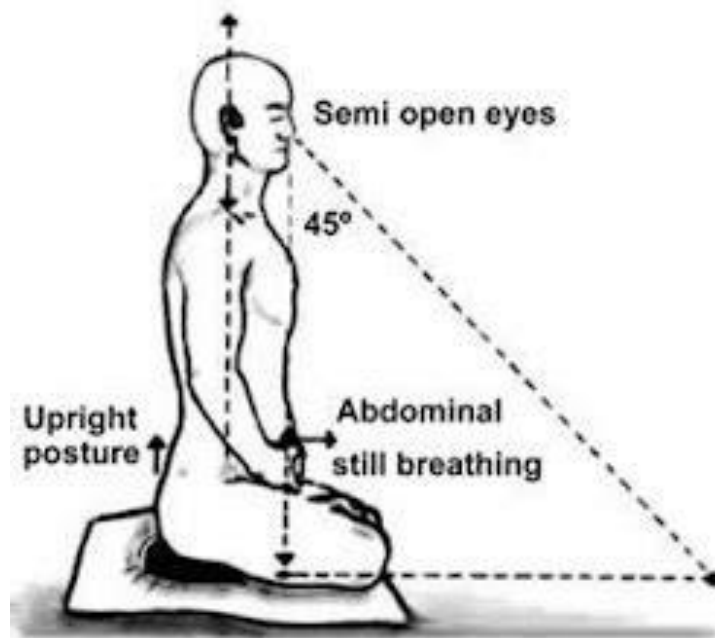
Unlocking Your Buddha Nature: A Guide to Inner Peace

*Mindfulness & Meditation: Zen, Proto-zen, Ch'an, Dhyana, Mahamudra (or Great Seal),
Ati (or Utmost) yoga, Dzogchen (or Great Completion Stage Tantra) and Trekcho (or Slice-through)*

IV. Practice



Unlocking Your Buddha Nature: A Guide to Inner Peace



*Let's Demystify Soto Zen's (or Caodong Zong {Ts'ao Tung Tsung!}) Figurative aphorism to "Just Sit" or to let "form and mind" "drop away" and Proto Tientai's Observation and Cessation by sitting nice and tall with each inhalation and physically **relaxing** with each exhalation*

*Meditation's **relaxing** exhalation*

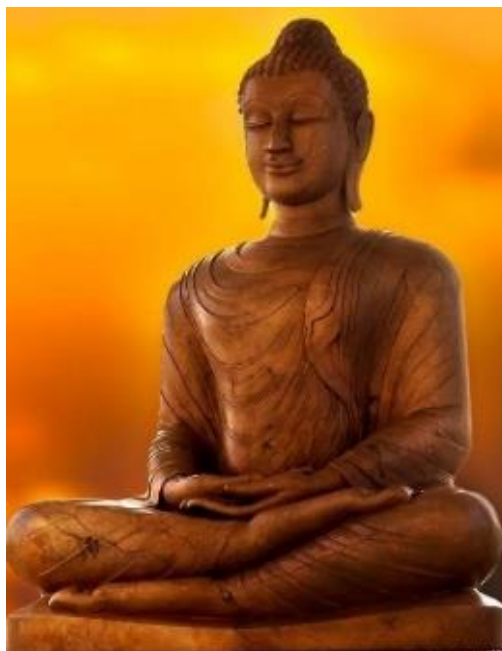
Mindfulness' perceptive inhalation

yes!

This

1st collection of 16 sets of 16 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace



Let's Demystify Awareness and Letting-go, Dhyana, Mahasandi, Great Completion Stage, Ati yoga, Sutra Mahamudra, Dzogchen, Trekcho, and Slice through.

As we inhale let's Mindfully notice the play of Mind as silently and mentally we recite the demonstrative pronoun this...

and as we exhale let's **Meditatively Relax** into Mind's NON-graspable nature as silently and mentally we recite the hyphenated verb relaxing.

*Meditation's **relaxing** exhalation*

Mindfulness' perceptive inhalation

yes!

This

2nd collection of 16 sets of 16 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace



*Let us explore the iconography of Kuntuzangpo Yab Yum: their nudity reminds us of vulnerability, their beauty reminds us of empathy, their translucence reminds us of non-graspability, the stability with which he sits reminds of centeredness, and the abandon with which she sports reminds us of spontaneity. as we **relax** during our **exhalation**, all that we noticed during our previous inhalation, could now feel as non-graspable as a vast, **empty** void like the illusion of the infinite azure sky on a bright and beautiful, cloudless morn, which although is tantalizing to the eye is NON-graspable to the hand*

*Meditation's **relaxing** exhalation*

Mindfulness' perceptive inhalation

yes!

This

3rd collection of 16 sets of 16 rounds

Unlocking Your Buddha Nature: A Guide to Inner Peace

*RIGHT: view of Letting-go's **First** fold*

II. Heart (of Wisdom) Sutra

adapted and amplified from traditional sources by Lama: Jigme Gyatso



Unlocking Your Buddha Nature: A Guide to Inner Peace
introduction

*(It is said that) **Quan Shi Yin Pu Sa***
(an archetype of enlightened compásson),

while moving in the deep peace
of Perfect understanding,

Unlocking Your Buddha Nature: A Guide to Inner Peace

shéd light on the five aggregates
and found them equally empty.

Áfter this realization,
she (*made peace with*) áll pain.

Meditative exhalation:

mindfulness and meditation
relaxing!

Mindful inhalation:

This...

Unlocking Your Buddha Nature: A Guide to Inner Peace
five aggregates – first

“Listen, Sha-ri-pu-tra,
form is emptiness
emptiness is form,

fórm does NOT differ from emptiness,
emptiness does NOT differ fróm form.

The same is true with feeling,
appraisal, impulse and awareness.

Form..... body

Feeling..... pleasure, pain, or nether (channel)

Appraisal..... intensity (volume)

Impulse..... primal drives (shoving, reaching, clinging)

Awareness..... perception

Unlocking Your Buddha Nature: A Guide to Inner Peace
three dualities

“Listen, Sha-ri-pu-tra, all phenomena
are marked with emptiness;

Unlocking Your Buddha Nature: A Guide to Inner Peace

they are neither produced nor destroyed,
neither corrupted nor purified,
neither increasing nor decreasing.

contemplation

Relaxing exhalation:

how NOT two?

Observant inhalation:

These...

Unlocking Your Buddha Nature: A Guide to Inner Peace
five aggregates – second

Therefore, in emptiness there is no form,
no feeling, no appraisal,

no impulse, (*and*) no awareness
(*that once perceived, can NOT be released*);

Unlocking Your Buddha Nature: A Guide to Inner Peace

Deconstructing the Three Circles of Experience

What observe?

nó sensation, no flavor, no scent,
no sound, no sight, no phenomena
(*that once perceived, can NOT be reléased*);

Unlocking Your Buddha Nature: A Guide to Inner Peace

How observe?

nó body, no tongue, no nose,
no ears, no eyes, no mind
(that once perceived, can NOT be reléased);

Unlocking Your Buddha Nature: A Guide to Inner Peace

Observing...

nó feeling, no tasting, no smelling,
no hearing, no seeing, no noticing
(*that once perceived, can NOT be reléased*);

That there sight... relaxing!
That there sound... relaxing!
Sensation... relaxing!
Phenomena... relaxing!
That flavor... relaxing!
That there scent... relaxing!

These here eyes... relaxing!
These here ears... relaxing!
This body... relaxing!
This here mind... relaxing!
This here tongue... relaxing!
This here nose... relaxing!

This seeing... relaxing!
This hearing... relaxing!
This feeling... relaxing!
Noticing... relaxing!
This tasting... relaxing!
This smelling... relaxing!

Unlocking Your Buddha Nature: A Guide to Inner Peace
interdependence

**nó interdependent origins and no extinction
of them from confusion to aging and death
(*that once perceived, can NOT be released*);**

1 Confusion (competitiveness and clinging)
3 Awareness (influenced by previous actions)
5 Six Sources (body, tongue, nose, ears, eyes, mind)
7 Feeling (pleasure, pain, or neither)
9 Clinging
11 Birth (consciousness leaving bardo & entering an ovum)

2 Action (influenced by competitiveness and clinging)
4 Name and Form (the five aggregates)
6 Contact (feeling, tasting, smelling, hearing, seeing, & thinking)
8 Craving (reaching)
10 Existence (Samsaric in nature)
12 Aging and Death (under the influence of the 1st link)

Unlocking Your Buddha Nature: A Guide to Inner Peace
the four noble truths

nó stress, no exacerbation,
no liberation, nó path;

nó understanding, no attainment
(*that once perceived, can NOT be released*).

Unlocking Your Buddha Nature: A Guide to Inner Peace
the fruit of training

“Bécause there is NO attainment,
(*that once perceived, can NOT be reléased*)

thé Bo-dhi-sat-tva
(*archetypes of enlightenment*), supported

Unlocking Your Buddha Nature: A Guide to Inner Peace

bý the Perfection of Understanding,
find **NO** obstacles for their minds
(*that once perceived, can NOT be released*).

Unlocking Your Buddha Nature: A Guide to Inner Peace

Háving NO obstacles

*(that once perceived, can NOT be released),
they transcend (the tyranny of) fear,*

liberating themselves forever
from *(the tyranny of)* illusion
and realizing perfect Nirvána.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Áll Buddhas of the past, present, and future,
thanks to this Perfect Understánding,

árrive at full, right,
and universal Enlighténment.

Unlocking Your Buddha Nature: A Guide to Inner Peace
mantra

“Therefore, one should know
that Perfect Understanding

ís (*like*) a great mantra,
is (*like*) *an* unequalled *mántra*,

Unlocking Your Buddha Nature: A Guide to Inner Peace

thé destroyer of all suffering,
the incorruptible truth.

Á mantra of Praj-na-pa-ra-mi-ta's
(*perfect understanding*)
could therefore be próclaimed.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This is the mantra:

“Ga-te Ga-te Pa-ra-ga-te

Pa-ra-sam-ga-te Bod-hi Svá-ha!

Unlocking Your Buddha Nature: A Guide to Inner Peace

Compassion and the Three Marks of Reality

Unlocking Your Buddha Nature: A Guide to Inner Peace

Active Contemplations Inspired by Bodhidharma's Outline of Practice as well as the Buddha's Compassion and the Three Marks of Reality

*feel stressful?
How could this*

may I soothe!
All beings' stress

NEVER last?
How could this

NOT be me?
How could this



Unlocking Your Buddha Nature: A Guide to Inner Peace

C. Four Levels of Practice

Browsers – come to class occasionally with no consistency and see NO transformation.

Students – come to class every twelve hours; they evolve.

Yogis – students who perform one-day retreats every quarter, month or week, practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).

Monastics – students who live as if on permanent retreat, practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).

Unlocking Your Buddha Nature: A Guide to Inner Peace

Three Durations of Practice

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
Buddha’s eight-fold path to the point of practicing it:
spontaneously, habitually, easily and effectively.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Zero to Sixty in Twelve Weeks

Attend a livestream (live or recorded) every morning and every evening:

*5 minutes per session the first week,
10 minutes per session the second week,
15 minutes per session the third week,*

*20 minutes per session the fourth week,
25 minutes per session the fifth week,
30 minutes per session the sixth week,*

*35 minutes per session the seventh week,
40 minutes per session the eighth week,
45 minutes per session the ninth week,*

*50 minutes per session the tenth week,
55 minutes per session the eleventh week, &
60 minutes per session the twelfth week.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

D. The PATH of Mastery

Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

When have we mastered the Buddha's path?

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we practice his techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

E. The MEANS of Mastery

10,000 hours minimum

16 weeks – apprenticeship

*Apprentice + 5,000 hours study + 5,000 hours practice = Journeyman
(8 hours daily for 3 ½ years MINIMUM)*

*GOAL: intellectual **comprehension** & emotional **evolution**.*

*Journeyman + 5,000 hours study + 5,000 hours practice = Master
(8 hours daily for 3 ½ years MINIMUM)*

*GOAL: intellectual & emotional **mastery**. _Λ_*

Unlocking Your Buddha Nature: A Guide to Inner Peace

E. The MEANS of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...

*and has demonstrated intellectual comprehension and emotional **evolution**.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

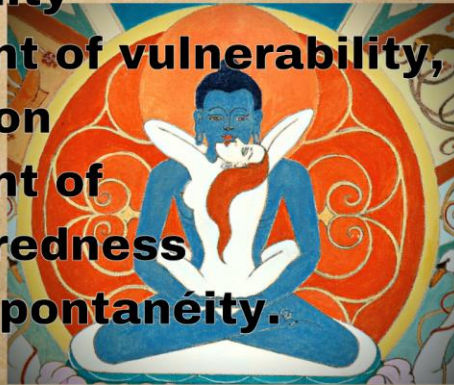
Although this path of mastery can be long, it is neither mysterious nor occult.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Yab Yum Iconography

THEIR beauty
reminiscent of empathy,
THEIR translucence
reminiscent of letting-go,

THEIR nudity
reminiscent of vulnerability,
THEIR union
reminiscent of
HIS centeredness
and **HER** spontaneity.



Unlocking Your Buddha Nature: A Guide to Inner Peace

1. The Juggling Aspect of Meditation

Snack + Beverage + Movie = Enhancement

Inhaling + Exhaling + Relaxing + Reciting = Meditation

—^—

1. Tale of the Movie Concessions

It was 1971 and I was in first, or second grade.
A class mate's mother had taken many of us
to see "Willy Wonka and the Chocolate Factory"
for his birthday.

My family did not often go to movies
so this was very exciting for me.

Timid, and uncertain, and polite,
I did what I was told,
and gratefully accepted what I was offered.

Unlocking Your Buddha Nature: A Guide to Inner Peace

I was offered hot buttered popcorn
and what seemed like a huge vessel
of Dr. Pepper,
a soda I had heretofore never tasted.

So there I sat,
in the darkened theater,
with my class mates
and several hundred strangers;

eating my popcorn,
and sipping my Dr. Pepper,
and all the while enjoying the movie,
which I still remember, to this day.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Upon first consideration
one could understandably assume
that the movie could distract me...

from my snacking and sipping
and thus undermine
my enjoyment of them.

But I experienced the opposite
to be true:
that the movie enhanced my enjoyment
of the popcorn and the soda...

Unlocking Your Buddha Nature: A Guide to Inner Peace

and the popcorn and the soda
enhanced my enjoyment
of the movie.

And this could be very much
like our practice of meditation...

where during our inhalation
we silently, and mentally recite,
“*Notice this...*”

and during our exhalation
we silently, and mentally recite,
“*relaxing!*”...

Unlocking Your Buddha Nature: A Guide to Inner Peace

while actually physically relaxing
as best we can.

For just as I was able to observe the movie
while snacking and sipping
we can watch our mind
while noticing and relaxing.

We could notice sensations,
and flavors, and scents,
and sounds, and sights...

Unlocking Your Buddha Nature: A Guide to Inner Peace

as well as our emotions,
and intentions, and reasonings,
and recollections, and imaginings.

And we could notice
all those things
passively and non-conceptually.

And as we physically relax
into each exhalation,
*for that is what our bodies
have evolved to do,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

all that we noticed as we breathed in
could feel a little less graspable
and a little easier to mentally release
as we relax into our out breath.

And just as the snacking
and the sipping
did not undermine

my enjoyment
of the movie
but rather enhanced it...

Unlocking Your Buddha Nature: A Guide to Inner Peace

likewise our silent and mental
recitations of “Notice this...” and “**relaxing!**”
in harmony with our breathing...

does NOT undermine our ability
to watch the play of mind
or relax into its non-graspable nature
but rather facilitates it.

More than two millennia ago
a Jewish carpenter
is said to have explained...

Unlocking Your Buddha Nature: A Guide to Inner Peace

that man was not made
for the Sabbath,
but Sabbath for man.

Likewise, I tell you
that we do not sit in meditation
that we might more efficiently
recite “Notice *this...*” and “**relaxing!**”

but rather
that we silently and mentally recite
“Notice this...” and “**relaxing!**”
that we might more efficiently meditate

Unlocking Your Buddha Nature: A Guide to Inner Peace

so that our passive and non-conceptual
observation of the play of mind

and our physical, and visceral,
and mental relaxation
into its non-graspable nature....

might be more easy,
and effective,
and transformative.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Recall Darth Bane's rule of two,
wherein there must be a master
to have power,
and a student to crave it.

This is a form of elitism
and manipulation.

And over the millennia
many so-called spiritual teachers
have used cryptic meditation
instructions, and techniques...

Unlocking Your Buddha Nature: A Guide to Inner Peace

to reinforce a rule-of-two-like elitism and coercion.

Some deliberately chose obfuscation and coercion because they embraced elitism and power, and prestige...

others chose the same obfuscation and coercion because they lacked the mental acuity to know any better.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But I am here to tell you
that something does NOT
have to be difficult
to be effective.

I'm telling you the opposite.
I'm telling you that
something must be easy
and intuitive....

if it is to be sustainable,
no less effective.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But do not take
my word for it;
put it to the test.

Play with these techniques
every morning and every evening
that you,
like Rey Skywalker...

might meditate
like a Jedi.

Unlocking Your Buddha Nature: A Guide to Inner Peace

3. Parable of the Movie Patron

NOT: actor, director, writer, nor producer,

BUT: audience member

NOT: select experience

BUT: enjoy the ride _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

3. Parable of the Movie Patron

Let us revisit our friend
the movie patron.
He has purchased his ticket,
and his snack, and his beverage,

and has taken his seat
in the air conditioned comfort
of the movie theater.

After a handful of trailers,
how many?
Just enough to make him forget
what movie he came to see.

Unlocking Your Buddha Nature: A Guide to Inner Peace

And after those trailers
the movie begins.

And whether it is adventure, or horror,
or comedy, or drama

our friend the patron sits back
and enjoys the ride
as he knows he has little other choice.

For he does not confuse himself
for the screenwriter, nor editor,
nor director, nor producer
and knows completely

Unlocking Your Buddha Nature: A Guide to Inner Peace

that what occurs upon the screen
is utterly out of his control.

So he nibbles his snack
and sips his beverage
and enjoys the show.

Likewise, when the wise sit down,
cross-legged to meditate
they know it is NOT their job to select

the sensations, or flavors, or scents, or sounds, or sights,
or emotions, or intentions, or reasonings, or recollections, or imaginings
that cartwheel across the metaphoric stage of their mind.

Unlocking Your Buddha Nature: A Guide to Inner Peace

What then is their job?

To notice: vulnerable, and passive,
withOUT bothering to analyze or label
and to physically relax that we might mentally let go.

And to do all this
in harmony with the tightening tendencies of each inhalation
and with the relaxing propensities of each exhalation.

For, in our very good fortune,
that is how evolutionary biology
selected for our bodies and minds to best operate.

Unlocking Your Buddha Nature: A Guide to Inner Peace

And if we put this advice into action,
every morning and every evening,
then we could very much be like a child, with a video game:
difficult, and frustrating, and seemingly impossible to prevail against;

who at long last receives the manufacturer's cheat-codes
and is at last able to transform
their time spent with the video game
from an ordeal, into a delight.

4. Whole-food Veganism's Physical Panacea

- Sitting is Rigorous
 - 50% of the Eight-fold Path
 - Ain't got NO place else to practice
- Medical
Ethical
Ecological

—^—

4. Whole-food Veganism's Physical Panacea

Buddhist tantra is the path of love and letting-go.
Love is more than just a feeling.

Compassion is an intention that effects our choices,
and our behaviors, and the ripples that we generate
that, in turn, effect the world around us.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Choosing a cruelty-free diet is one of the easiest ways to diminish the suffering created by our consumer choices.

The benefits generated by embracing a whole-food vegan diet are not limited to non-human animals with whom we share this planet,

nor even this planet itself, the only place in the known universe that we are certain sustains life (for the time being).

Unlocking Your Buddha Nature: A Guide to Inner Peace

The physical, and en-dro-crin-o-lo-gi-cal,
and neurological, and psychological benefits
that we could savor on a whole-food vegan diet
have been observed in peer reviewed scientific journals.

In the parody song “White and Nerdy”
Weird Al Yankovic sings of a fellow
who “...does calculus just for fun...”.

Which reminds me of Dr. Michael Greger, M.D.
whose full time job is to analyze
EVERY peer-reviewed, nutrition-oriented study
published in English, every year.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This man is no ideologue,
content to twist the facts
in order to support his world view.

For his top priority is to discover the dietary interventions
that could prevent disease, reverse disease,
and increase quality of life as well as longevity.

And towards that end
he uses meta analysis to follow the facts
wherever they lead;
like a contemporary, medical Sherlock Holmes...

Unlocking Your Buddha Nature: A Guide to Inner Peace

if Sherlock was so geeky
as to name his book
after a Monty Python skit.

“How NOT to Die”

first explores the top fifteen causes of premature death in America,
secondly shares a dozen things we could do
to prevent and reverse these disorders,

and thirdly contains hundreds of citations
to peer-reviewed studies.

Unlocking Your Buddha Nature: A Guide to Inner Peace

This book is a virtual panacea of all medical disorders.

It is available on Amazon dot com

and the Buddha Joy Meditation School

receives NO remuneration for your purchase of this life-saving book.

6. Essence of the Four Sets of Vows

Source	Karma Chakme Rinpoche – adapted
Refuge	rely on Buddha’s example, instructions, & students
Renunciation	NON-violence
Compassion	sharing the good vibes
<u>Tantra</u>	<u>rely on teacher’s example, instructions, and students</u>
Ati yoga	Love’ centered-spontaneity



6. Essence of the Four Sets of Vows

Karma Chakme Rinpoche was a brave soul who received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, the archetype of enlightened compassion, guiding him to begin the journey out of sectarianism and fundamentalism.

In his effort to transcend sectarianism he embraced the teachings and practices of both the Kagyu as well as Nyingma sects as best he could.

*In his effort to transcend **fundamentalism** he strove to simplify Highest Yoga Tantra or Ut-ta-ra Tan-tra in Sanskrit, as well as essentialize the hundreds of Hinayana, Mahayana and Vajrayana vows.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Towards the latter: he taught that the essence of all the Refuge vows was to simply trust in the Bud-dha, Dhar-ma and Sang-ha, he taught that the essence of all the Pratimoksha vows of morality is NON-violence,

he taught that the essence of all the Bodhisattva vows of compassion was to share all our good karma with all beings,

and he taught that the essence of the Tantric Samaya of wisdom was to see ourselves as Chen-re-zik and see our teacher as Chen-re-zik's teacher, A-mi-ta-bha.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Many centuries later Lama: Jigme Gyatso received sky treasures, or Ter-ma in Tibetan, from Chen-re-zik, guiding him to journey further out of sectarianism, fundamentalism, and patriarchy.

In terms of sectarianism he was led to explore the teachings and practices of each sect of Buddhism and in terms of transcending fundamentalism, which is one of patriarchy's symptoms,

*he was taught further simplify the four sets of vows thusly: the essence of the Refuge vows is to simply **rely** upon the example of Buddha's life story, **apply** the instructions of the Dharma,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*and humbly **rely** upon the support offered by fellow Sangha members,
(those who are striving to master the Buddha's teachings)*

as well as lovingly support Sangha members with our skill set as best we can;

the essence of the Pratimoksha vows of morality

is still NON-violence which includes a whole-food, vegan diet

which practices NON-violence toward the planet, NON-human animals,

as well as our own lucidity and longevity;

the essence of the Bodhichitta vows of compassion

is to blend our practice of the four bases of mindfulness

with compassionate and loving intentions

for each being of each world or each galaxy real or imagined;

Unlocking Your Buddha Nature: A Guide to Inner Peace

*the essence of the Tantric Samaya of wisdom
is to enthusiastically apply our teacher's instructions
and follow his example as best we can.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. Walking Meditation

PTSD and CPTSD

Dr. Thom Hartman Ph.D.

Bi-lateral Stimulation of Hippocampus

Walking

Taping

Gazing



Unlocking Your Buddha Nature: A Guide to Inner Peace

8. Walking Meditation

After fifteen weeks of twice daily livestream practice you should have automatically memorized the 24 contemplations of Tantra's: mindfulness, compassion, insight, love, and letting-go.

Which should come in handy, as this week you could begin training in brisk, walking meditation.

Its simple, just perform the 24 contemplations you've already grown accustomed to while briskly walking through your neighborhood. This is especially useful during times of emotional upset or even PTSD episode.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Of course if you're so upset as to experience disorientation then please limit your walking course to just going around your block, that way you won't get lost, or walk into traffic.

Blending the 24 contemplation techniques you've already learned with brisk walking allows us to bilaterally stimulate our hippocampus and amygdala which aids in the processing of difficult events and emotions.

REMEMBER: upon this path we do not practice rigid concentration which stimulates our sympathetic nervous system, but rather relaxed mindfulness which accesses our parasympathetic nervous system; the quick path to the light side, or eager youngling.

9. Sky Gazing

- Mechanism: Meditating with Sky Gazing
- Methodology: Exotic Postures verses Supine
- Terms: Slice-through verses Leap-over
- World view: Literal verses Figurative
- Safety Protocols: Sky verses Sun Gazing



Unlocking Your Buddha Nature: A Guide to Inner Peace

9. Sky Gazing

In “Heart Treasure” the phrase “King of the sky” could remind us literally of the practice of sky-gazing,

where we perform the contemplation, compassion, and meditation that we are taught in the sixteen week series of meditation classes while gazing into the sky.

Any time of day we could gaze into the sky while meditating, but it could be especially poignant to gaze at the sun, doing so only during the first hour of sunrise, or the last hour of sunset.

In Sanskrit this practice is sometimes referred to as Surya Chaku.

Unlocking Your Buddha Nature: A Guide to Inner Peace

Common sense prevails:

*1 – remove your corrective lenses or contact lenses,
gaze with the left eye for four breaths,
then with the right eye for four breaths,
alternating back and forth;*

*2 – only do this for as long as it feels comfortable,
giving yourself permission to progress gradually
such as adding seven seconds per day,
or seven minutes, or more every day.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*3 – relax the tissues of your face, especially around the eyes,
allowing the eyelids to close somewhat,
viewing the sun through one's eyelashes
thus occasionally giving rise to the illusion of subtle rainbows encircling the sun;*

*4 – don't wander into traffic,
for your vision will be dazzled after completing this exercise,
thus while it is fine to practice this during opening verbal contemplation & compassion,
as well as the silent meditation...*

*I recommend turning away from the sun
during the practice of the closing silent contemplation and compassion
thus allowing one's eyes to recalibrate
to the ambient lighting.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*5 – I recommend the lion posture Simha asana,
feet flat on earth or floor,
resting one's tuchus upon one's calves,
forearms resting upon knees.*

*Neither mysterious nor occult
this practice could act as a subtle tonic to your body.*

Λ

Unlocking Your Buddha Nature: A Guide to Inner Peace

Four Levels of Practice

- Browsers – come to class intermittently
and see NO transformation.*
- Students – come to class consistently every morning AND every evening;
they evolve.*
- Yogis – students who perform one-day retreats
every quarter, month OR week,
studying four times that day (i.e.: 5am, 9am, 1pm & 5pm),
and practicing four times that day (i.e.: 6am, 10am, 2pm & 6pm).*
- Monastics – students who live as if on permanent retreat,
studying four times every day (i.e.: 5am, 9am, 1pm & 5pm),
and practicing four times every day (i.e.: 6am, 10am, 2pm & 6pm).*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Three Durations of Practice

Twenty minutes of formal silent meditation

for First Level Students – those who are seeking a “life lubricant”

Forty minutes of formal silent meditation

*for Second Level Students – those who desire a “profound evolution”
such as healing PTSD, overcoming a tragic past,
or transcending a disempowering and oft repeated pattern*

Sixty minutes of formal silent meditation

*for Third Level Students – those who yearn to rapidly master
enlightenment’s Blissful-mindfulness, Peaceful-insight and Spontaneous-compassion.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

2. The PATH of Mastery

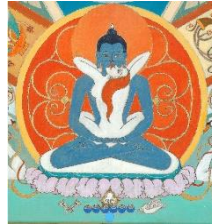
Unconscious Incompetence

Conscious Incompetence

Conscious Competence

Unconscious Competence

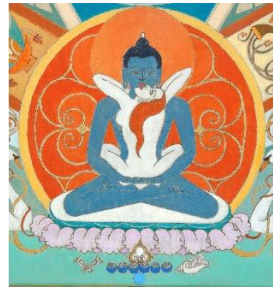
When have we mastered the archetypical Buddhas' vulnerability, non-grasping, compassion and centered spontaneity?



Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we practice their techniques:
spontaneously, habitually, easily and effectively;
and their practice has so defined us
that we no longer chase a goal...*

*but are so content to practice the path
that we no longer even feel the need
to ask whether or not
we have mastered it.*



Unlocking Your Buddha Nature: A Guide to Inner Peace

3. The MEANS of Mastery

Ten thousand hours of regular, lucid, strategic practice is often the minimum required to accomplish mastery needed to teach others. Any student who enthusiastically practices their homework every morning AND every evening for sixteen consecutive weeks could be considered an apprentice.

A Journeyman is an apprentice who has accumulated 5,000 hours of study and 5,000 hours meditation; ideally for eight hours daily over the course of three and a half years...

*and has demonstrated intellectual comprehension and emotional **evolution**.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

A Master is a journeyman who has accumulated an additional 5,000 hours of study and an additional 5,000 hours of meditation; ideally for eight hours daily...

*over the course of an additional three and a half years and has demonstrated intellectual and emotional **mastery**. The 10,000 hours is a minimum, for some folks require 20,000 hours, 30,000 hours or more to demonstrate intellectual and emotional mastery.*

Although this path of mastery can be long, it is neither mysterious nor occult.

Unlocking Your Buddha Nature: A Guide to Inner Peace

4. The Origin of Mindfulness Meditation

- Gautama's Origin,
- Start-overs,
- Extremes (both physical and mental),
- Sympathetic Nervous System,
- Four Bases of Mindfulness,
- Meditation and Contemplation

—^—

4. The Origin of Mindfulness Meditation

A tale is told of a north Indian prince
of the Shakya clan
who forsook his life of privilege and debauchery
to become a homeless wandering monk;

and who studied with not one
but two prominent teachers
who taught him the path of deep concentration.

Unlocking Your Buddha Nature: A Guide to Inner Peace

After time and effort
each of these teachers were so impressed
with he who some called Siddhartha
but who called himself Gautama

that they proclaimed
that he had mastered their teachings,
had become their equals,

and invited him to share the leadership
of their respective monastic communities.

Unlocking Your Buddha Nature: A Guide to Inner Peace

However, each time
Gautama politely refused
explaining that he had still not found
what he was looking for

(which of course sounds very much
like a U2 lyric, doesn't it?).

Again choosing to leave
(in this case a modicum)
of prestige and comfort

Unlocking Your Buddha Nature: A Guide to Inner Peace

Gautama retired to the forest
where for the next five years
he practiced austerities
in the company of five ascetics

until at last he saw
that enduring physical austerities
was as ineffective at generating peace
as was indulging in the debaucheries of the palace.

It was at that time
that he discovered the middle way
between all extremes.

Unlocking Your Buddha Nature: A Guide to Inner Peace

It seems he applied that epiphany
not only to his physical practices
but to his spiritual ones as well

for from that point
he no longer practiced concentration
(arbitrarily setting the mind upon one object
and shoving everything else away).

He saw that concentration was based in effort
and in control
and as such was unsustainable
and so he chose to practice the opposite.

Unlocking Your Buddha Nature: A Guide to Inner Peace

He forsook the path of controlling
and embraced the path of allowing.

He allowed his body and mind
to experience whatever they experienced
without any modification or contrivance.

He relaxed into inhalation
and found it ideal for perception.

He relaxed into his exhalation
and found it ideal for release:
spontaneous and uncontrived.

Unlocking Your Buddha Nature: A Guide to Inner Peace

After years of squeezing tight
his mind in concentration
he was now relaxing it
in vulnerable mindfulness

and as such
his doors of perception
swung open
wide upon their hinges

flooding his body and mind
with a wealth of information.

Unlocking Your Buddha Nature: A Guide to Inner Peace

To keep from drowning
in such a deluge
he took to organizing all experience
in terms of the four bases of mindfulness

which he often described of as
phenomena (or circumstance),
body, interpersonal-feelings, and mind.

Gautama also found it helpful to coordinate
contemplations of compassion, love, and impermanence
with these four bases of mindfulness

Unlocking Your Buddha Nature: A Guide to Inner Peace

and so he developed this system
that slowly swings from active contemplation
to passive meditation

like a pendulum's gentle motion
within a grandfather clock.

This method proved so effective
that in time people took to calling him
the awakened one or Buddha.

6. Journey's Duration EXPLAINED

- Twelve – Competence
- Sevens – Mastery
- Teacher Training – (Two sets of ten thousand)
- Patriarchy's Red Flag ^

6. How Long does the Journey Take?

*Fundamentalism is a symptom of patriarchy
it delights in self-aggrandizement
and the disempowerment of its minions.*

*So it is not surprising when
when fundamentalists insist
that one must practice for eons
to master the Buddha's path.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*The only people who say that
are those who know
that their techniques
are impotent, flaccid, worthless, and weak.*

*The Buddha never taught
that one must practice for great oceans of time
in order to accomplish mindfulness' true knowledge
or wisdom's liberation.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*To the contrary,
he taught that one could master his path*

*of mindfulness, compassion, contemplation,
love, and letting-go
in as little as:*

*seven years...
or seven quarters,
or seven months,*

*or seven fortnights,
or seven weeks,
or even seven days.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When have we mastered
the Buddha's techniques?*

*When we practice them:
spontaneously, habitually,
easily, and effectively.*

*So attend a livestream every morning
and every evening:
for five minutes per session the first week,
and ten minutes per session the second week.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Each week lengthening
the duration of your participation
by five minutes.*

*Until within fifteen weeks
you're meditating like a Jedi.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Make use of this opportunity
of working with a live master
by typing your questions in the chat window
and applying his advice.*

7. Eleven Benefits of LOVING-KINDNESS

PERSPECTIVE: Eight-fold Path

GENERATION: Recitation,
Mindfulness, and
Meditation

Unlocking Your Buddha Nature: A Guide to Inner Peace

SOURCE: *Numerical Discourses
of Buddha, Elevens – set 16*
(*A-ngut-ta-ra Ni-ka-ya E-ka-da-sa Ni-pa-ta 16*)

ONE *sleeping in comfort,*
TWO *awaking in comfort,*
THREE *freedom from (the tyranny of) evil dreams,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

- FOUR* *being dear to humans,*
- FIVE* *being dear to non-humans,*
-
- SIX* *being protected by the De-vas*
(gods and goddesses),
- SEVEN* *being safe from fire,*
poison, and sword (weapon),

Unlocking Your Buddha Nature: A Guide to Inner Peace

EIGHT *one's mind easily meditates,*
NINE *one's demeanor is serene,*
TEN *one's death is peaceful, and*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*ELEVEN if one fails to accomplish
enlightenment in THIS life
one will take rebirth
in a celestial realm (auspicious rebirth)*

*where one will continue
one's training in comfort.*

Λ

7. Eleven Benefits of Loving-kindness

*In the Numerical Discourses of Buddha, Elevens – set 16
(or A-ngut-ta-ra Ni-ka-ya E-ka-da-sa Ni-pa-ta 16 if you prefer Pali)
it is written that the Buddha enumerated eleven benefits
to be had from the contemplation of loving-kindness.*

*The Buddha begins this discourse by explaining
that training the mind in loving-kindness
is integral to our liberation
from the tyranny of craving and clinging.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

He then explained

*how it is not sufficient to only contemplate loving-kindness
rather it must be applied
to our communication, behavior, and commerce.*

He enumerated the benefits thusly:

- 1. sleeping in comfort,*
- 2. awaking in comfort,*
- 3. freedom from (the tyranny of) evil dreams,*

- 4. being dear to humans,*
- 5. being dear to non-humans,*
- 6. being protected by the De-vas (gods and goddesses),*
- 7. being safe from fire, poison, and sword (weapon),*

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. *one's mind easily meditates,*
9. *one's demeanor is serene,*
10. *one's death is peaceful, and*

11. *if one fails to accomplish enlightenment in THIS life
one will take rebirth in a celestial realm
where one will continue one's training in comfort.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*As a vegan feminist I am comfortable
with either a literal or figurative interpretation
of this discourse.*

*The skillful contemplation
of both compassion and love
have been of great benefit to me*

*and I hope they will a great boon
to you as well.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

8. The Hedonism of Dopamine and the Pettiness of our Oxytocin

Let us begin with a bit of context.

In the “Failings of the World Discourse”

(or Lo-ka-vi-pat-ti Sut-ta if you prefer Pali)

*we learn, what my Tibetan teachers referred to as,
the eight worldly concerns.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

What are they?

Are they random?

Did the Buddha merely pull them out of dog's ear?

*Just as Zacharias Jansen required a microscope
to first see the minute entities
dwelling in a drop of pond water*

*or Galileo Galilei needed a telescope
to view the moons of Jupiter,*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*likewise the eight worldly concerns are seen
when we view the four bases of mindfulness
through the two metaphoric lenses
of dread and desire.*

Let's take a closer look.

*In Tantra we often enumerate the four bases of mindfulness
as circumstance, body, communication, and mind.*

*When we view circumstance and body
through the lens of dread
we see circumstantial loss
and physical pain.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we view circumstance and body,
also known as lot and form,*

*through the lens of desire
we see circumstantial wealth
and physical pleasure (or bliss).*

*These dreads of scarcity and pain,
as well as the desires
for wealth and pleasure
are the domain of our brainstem.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*From the point of view
of natural selection
they were crucial to our
evolutionary biology.*

*Animals that did not feel dread
of scarcity and pain
nor desire for abundance and pleasure*

*did not live long enough
to pass on their genetic traits
or even have the desire to reproduce.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*If we wish to grow and evolve
into happy, well-adjusted adults
we must neither indulge our every impulse
nor ignore and repress them.*

*The Buddha's solution is to use mindfulness
to notice our impulses
and then harness their raw energy
through the contemplations*

*of compassion, love, and non-graspability
as well as the meditation of awareness and acquiescence.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we peer at communication and mind
through the lens dread
we see scorn and obscurity or shame.*

*In the context of desire
we perceive praise and fame.*

*Scorn, shame, praise, and fame
are the domain of our social midbrain.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Before we are quick
to write them off as petty and trivial
let us recall that our ancestors did not survive
because in comparison to other animals*

*we were swift of foot,
nor strong of limb,
nor sharp of claw,
nor long of fang.*

*On the contrary
our survival was largely due
to our big old brains
and our propensity to cooperate.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Ancient humans who did care
whether they received the support of their fellows or not
usually did not live long enough
to pass on that genetic trait.*

*Being esteemed and even favored by our fellows
is a biological imperative and an evolutionary need.*

*However if left unchecked
the hedonistic impulses of our survival brainstems
and the petty drives of our social midbrains
could make us neurotic and unfulfilled.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*It is therefore imperative
that we exercise the courage
to vulnerably practice the mindfulness*

*that notices the cravings and clingings
of our body and mind
and also practice the contemplation that harnesses their energy
to drive the engines of our compassion, love, and wisdom*

*as well as the meditation
with which we are able to process our experience
and release it
in the most therapeutic manner.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

In short

*it can be uncomfortable
and down-right embarrassing
to practice the vulnerable mindfulness*

*that notices our hedonistic, petty,
and petulant impulses.*

*However our task upon the spiritual path
is to neither ignore, indulge,
excuse, deride, nor condemn them*

Unlocking Your Buddha Nature: A Guide to Inner Peace

but to notice them

and harness them

and release them

in the most wonderful way.

—^—

10. Concentration versus Mindfulness

- Survival
- Disposition
- Rigidity versus Flexibility
- Contrivance versus Centered-spontaneity
- Vulnerability _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

10. Concentration is NOT Mindfulness

*The path yang
is the path of fear, aggression,
rigidity, and controlling tendencies.*

*And although it leads to many places,
enlightenment is NOT one of them.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Concentration is a function of yang
a tool of patriarchy;
it chooses its focus
to the exclusion of all else.*

*Upon concentration's path
there is NO room for spontaneity,
nor relaxation, no less release.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*A tragedy of our time
is that so many
self-professed teachers of mindfulness*

*are not really teaching mindfulness
but are merely teaching concentration.*

*For whenever a teacher tells you
“...and when you notice
that your mind has wandered
gently bring it back...”*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*that individual is NOT teaching mindfulness
but really concentration
regardless of the labels
they bandy about.*

*Well what then
IS mindfulness?*

*A function of yin,
mindfulness vulnerably and passively notices
whatever seems to pass
through the sphere of its awareness*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*whether it is a sensation, or a flavor,
or a scent, or a sound or a sight,
or an emotion, or an intention,
or a thought, or a memory, or a fantasy.*

*Centered, and spontaneous,
and passive, and vulnerable
mindfulness merely notices*

*withOUT analyzing, or labeling,
of shoving some things away,
or clutching tightly at other things.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Mindfulness notices
and insight physically relaxes
thus setting space to mentally release.*

*Evolutionary biology has selected
for mindfulness to be wired into each inhalation
and for the wisdom of letting-go
to be wired into each exhalation.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Although the Buddha's path
of mindfulness and insight is simple
it NOT easy*

*for few things require as much courage
as true vulnerability. _Λ_*

Unlocking Your Buddha Nature: A Guide to Inner Peace

12. Poisonous “Should” EXPLAINED

The Witches Brew of Contrivance and Guilt
ANTIDOTE: Love’s Centered Spontaneity
Pain versus Pleasure

Unlocking Your Buddha Nature: A Guide to Inner Peace

12. “Should” is Poison

A good hearted fellow
asked for a contemplative solution
to, what he felt,
were the destructive urges

that he experienced
when in public.

Unlocking Your Buddha Nature: A Guide to Inner Peace

“I should do this.”

“I shouldn’t do that.”

“Should” is poison
for it is the unctuous whisper
of contrivance;

a dark legacy
of our yang tendencies.

On the other hand
centered spontaneity
is that which paves
enlightenment’s path.

Unlocking Your Buddha Nature: A Guide to Inner Peace

One of the many benefits
of training in the Buddha's technique
of passive meditation

is that we are able to notice
even the most grotesque of impulses

without falling into the extremes
of indulging them
or repressing them
(*which would undermine our mindfulness*).

Unlocking Your Buddha Nature: A Guide to Inner Peace

For it is so much more liberating
to find a way to release them:
easy and sustainable.

As we breathe IN
we could silently and mentally recite,
“Notice this...”

and as we breathe OUT
we could silently and mentally recite,
“relaxing!”

Unlocking Your Buddha Nature: A Guide to Inner Peace

After twelve or so breaths
we could apply
one of the Buddha's contemplations
such as the following:

During the inhalation
we could actively contemplate love
by silently and mentally reciting:
"Health bliss for all for FORMS..."

*("FORMS" being just a
monosyllabic synonym for "BODIES")*

Unlocking Your Buddha Nature: A Guide to Inner Peace

and during the exhalation
we could active contemplate wisdom
by silently and mentally reciting:
“each felt, yet changing!”

After four repetitions
or rounds
we could return
to the passive meditation:

“Notice this...
relaxing!”

Unlocking Your Buddha Nature: A Guide to Inner Peace

And back and forth we could swing
from passive meditation
to active contemplation
and back again,

like the ponderous motion
of the brass pendulum
of a grandfather clock.

There are some who fear
this technique to be too passive.

Unlocking Your Buddha Nature: A Guide to Inner Peace

But I assure you
that although impulses may easily dominate us
when we are in a state of scatteredness
or contrivance

each of us
is neurologically incapable
of indulging a destructive impulse
from the place of centered spontaneity

that is the fringe benefit
of practicing
*“Notice this...
relaxing!”*

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace

13. Buddha's Breathing Method

Contrived Ratios of Pranayama

Spontaneous Effortless Breathing

Neuroscience Informed Intention



Unlocking Your Buddha Nature: A Guide to Inner Peace

13. Buddha's Breathing Method

*Spiritual technologies
taught from the perspective of patriarchy
are often about control;*

*controlling our circumstance,
controlling our bodies,
controlling our relationships, and
controlling our minds.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And as such
patriarchy is rather fond of techniques
that contrive, and strain, and strive*

*to bend those circumstances, bodies,
relationships, and minds
to their will.*

*But the Buddha did not teach
from the perspective of patriarchy,
he taught from that of matriarchy.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Oh sure,
he began his spiritual journey
upon the path of patriarchy,*

*but having surmounted its summit
he did not care much
for where it had led him.*

*So he started from scratch
upon matriarchy's path
and rapidly earned the nick name
by which he is known by us today.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Upon the path of matriarchy

Gautama,

who would someday be known as the Buddha,

surrendered all hopes of trying to control

his circumstance, body, relationships, or mind.

And instead merely observed them

and released them

in the most wonderful way.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Recognizing that labeling,
no less analyzing
that which we perceive*

*is just another,
more subtle form of control;
Gautama released those as well.*

*Hindu breath control
is some times called Prana Yama
but it is not unique to the Indian sub-continent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Wherever minions of patriarchy
strive to control
their circumstances, bodies, relationships, and minds
you will find many who practice a form of breath control.*

*But the Buddha did NOT teach
the techniques and trappings of patriarchy,
he taught from the perspective of matriarchy
and as such did NOT teach any breath control.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*He did NOT teach folks
to select the length, or depth, or rate of respiration
but to merely notice it:*

*passively, vulnerably, and non-conceptually
FREE from the habit of analysis and labeling.*

*He taught us to coordinate
our contemplations and meditations
with our breathing:
spontaneous and uncontrived.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*As one who has enthusiastically tread the Buddha's path
for numerous decades*

*I have observed how all bodies tense during inhalation
and relax during exhalation;*

*and how, as such, inhalation is best suited for mindfulness
while exhalation is ideal for letting-go.*

*The minions of patriarchy
tend to be competitive,
and ambitious.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*They tend to elbow their way
into to positions of leadership
and be the most prolific of teachers.*

*And although the techniques they espouse
are well known
and widely practiced
they are profoundly impotent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And in their rigidity
and in their stubbornness
when they are confronted
with the ineffectuality of their methods*

*these minions of fundamentalism
turn to superstition*

*claiming that their techniques
had previously worked
in a golden age
far off in a mythical and distant past*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*but will not work during these days of darkness
when the quality of things and the
lifespan, emotions, views, and experiences beings
have so deeply degenerated.*

*These apologists of patriarchy bleat
that their so called powerful techniques
can NOT work in the absence of ceremony*

*although the Buddha taught
that an hour's worth of mindfulness
was far more effectual than a lifetime of ritual.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

After a lifetime of study and practice

*I can assure you
that patriarchy's path
leads to a dead end*

*whereas this path of Vegan Feminism
is the easy path
to great peace. _Λ_*

14. What is “Emptiness or Voidness”?

Letting go as if

- NOT me
- Unborn
- vast, empty void

Real world example

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace

14. What is “Emptiness or Voidness”?

When reading books about Mahayana, or Tantric Buddhism the terms empty, emptiness, void, and voidness are bandied about quite abundantly.

However, upon closer reading you could find that little satisfactory explanation is offered and what is provided is either so shrouded in pseudo-intellectualism, or blind superstition

Unlocking Your Buddha Nature: A Guide to Inner Peace

*as to be less than worthless,
and to actually undermine and distract one
from the journey upon the Buddha's path:
the way of letting go.*

*How has this happened to Buddhism?
How has a significant chunk of the Buddha's teachings
come to have been obfuscated by minions of fundamentalism:
rigid, elitist, deceitful, or dull witted?*

*To answer that we'll have to step back
for a bit of context.
A tale is told that in the Buddha's first discourse
he taught of four noble truths.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

FIRST – there is stress.

There will often be circumstantial, physical, interpersonal, and mental stressors whose presence, absence, or loss could undermine our survival (no less reproduction) for those are the criteria of natural selection.

SECOND – although some causes of our stress

could seem to be out of our control

we have the unpleasant talent of taking whatever stress we've been handed and making it much worse:

Unlocking Your Buddha Nature: A Guide to Inner Peace

for the intensity of the stress we endure is directly proportional to the intensity of primal drives of shoving and hating, reaching and craving, and clinging.

THIRD – the liberation Buddha offers is not freedom from the mere presence of stress but, rather, freedom from their tyranny over our choices, utterances, and deeds.

FOURTH – just as there are things that create and intensify stress likewise there are things that can undermine our stress, its causes and that which exacerbate them: the eight fold path.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*This is the Buddha's eight-fold path,
which is easier to think about in terms of
contemplation, action, and meditation.*

*Contemplation's first fold is the wisdom of letting-go,
and it's second fold is compassion and love.*

*Action's third, fourth, and fifth folds
are merely compassion, love, and letting-go
skillfully applied to our
communication, behavior, and commerce.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Meditation's sixth, seventh, and eighth folds
are simply the enthusiasm we bring to the two fold process
of mindful awareness as well as
insightful relaxation and release.*

*Now that we've survived the overview
let's return to the first noble truth:
right-view's contemplation of the wisdom of letting-go.*

*Just as biology only makes sense in light of evolution
likewise voidness or emptiness only make sense
in the light of letting-go.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Let's return to the task of letting go
and dig a little deeper.*

*Did the Buddha's method of letting-go
consist of faith: blind, and grasping, and rigid?
No, it did not.*

*Was the Buddha's method of letting-go
comprised of pseudo-intellectual skullduggery?
No, not even a little bit.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*The Buddha's method of letting-go
was predicated upon marrying the two truths
with the two breaths.*

*The conventional truth is mindfulness:
vulnerable, passive, visceral, and random.*

*The ultimate truth is the wisdom of letting go:
that comes from the physical relaxation,
which sets space for mental release.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Let us take our bodies for example,
and begin with a literal approach.*

*As we breathe IN
our body could FEEL permanent, independent, and rather solid.*

*However, as we physically relax into our exhalation
this exact same body*

*could FEEL less permanent,
and less independent,
and less solid.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Now we could introduce a bit of simile.

*In fact as we relax into our exhalation
our body could feel as if it was as non-graspable
as a vast, empty void.*

*And now we wade yet deeper
into the waters of figurative communication.*

*What could be an example of a vast, empty void?
How about the illusion of an infinite azure sky,
on a bright and beautiful cloudless morn*

*which although is tantalizing to the eyes
cannot be grasped by our hands?*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Consider an umbrella
on a rainy day.*

*When we return home
we might give our wet umbrella a shake
and then hang it from a hook, in the mud room
that its moisture might better evaporate.*

*Once it has dried out
we close it completely, and tightly
so that the snaps on its storage ribbon may meet,
and then we return it to the closet.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Likewise, having explored
the experience of our body's non-graspability
both from the literal perspective,
as well as the figurative*

*we now convert the elaborate simile
to the compact metaphor
and wind-up with the concise yet cryptic statement
our body is "felt yet void."*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Lets contrast the use
of literal statements, similes and metaphors.*

We'll start with a literal statement:

“John is tenacious.”

Then we'll convert it to a simile:

“John is as tenacious as a dog with a bone;”

and then collapse it into a metaphor:

“John is a dog with a bone.”

Unlocking Your Buddha Nature: A Guide to Inner Peace

Is John literally a dog?

*Does he prance about on all fours
striving to sniff the butts of strangers?*

*Of course not,
for such things are frowned upon
in polite society.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Those of us stuck in the aggression,
and rigidity of our under brain's amygdala
have trouble with figures of speech
and tend to view things literally*

*which can give birth
to some fairly absurd
and destructive doctrines.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Those who've acclimated to the vulnerability and flexibility
of their empathetic anterior cingulate gyrus
have an easier time
delineating between the literal and the figurative.*

*Thus, in this text
I first introduce figurative statements as similes
before easing folks
into their metaphoric counterparts;*

*for it requires a very special degree of stupid
to confuse a simile with a literal statement.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*But why muck about with figurative speech at all
if it is so prone to confuse the rigid and weak minded?
Because figurative terminology
is the language of the under-brain.*

*Neurologically, so much of our coarser
rage, and terror, and despair
are rooted in our brain stem.*

*And since it evolved prior to the mammalian brain,
no less the forebrain,
it is virtually deaf to words and reason.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

What, then, is the language of our under-brain?

The five senses

of sight, sound, sensation, flavor, scent, and the like.

Our under-brain evolved to perceive

in terms of the five senses

and in time came to recall and imagine

through the lens of those five senses as well.

That is why figurative language,

while coming with its own pitfalls,

could generate such a profound effect

upon our under brain.

Unlocking Your Buddha Nature: A Guide to Inner Peace

*Sadly, as I've mentioned elsewhere
the minions of patriarchy and fundamentalism:
those who are enslaved by ambition, and greed,
and aggression, and fear, and rigidity*

*are very good at elbowing their way
into positions of power
but very bad at comprehending, no less mastering,
the teachings they claim to represent.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

*And so we have today's
sorry state of affairs
where greedy politicians
ignore the counsel of scientists*

*and where religious leaders
ignore the teachings
of enlightened yogis.*

Unlocking Your Buddha Nature: A Guide to Inner Peace

Perhaps that is why Albert Einstein explained

“Great spirits

have always encountered violent opposition

from lesser minds.” Λ

Unlocking Your Buddha Nature: A Guide to Inner Peace

16. What do we mean by “Bliss”?

NOT stress

Reward systems

- Dopamine

- Oxytocin

Road Signs or Trap $_ \wedge _$

Unlocking Your Buddha Nature: A Guide to Inner Peace

16. What do we mean by “Bliss”?

In Buddhist tantra

“Bliss” refers to any pleasant perception.

Since human have evolved to seek pleasure,
noticing bliss is effortless.

Take a moment to consider
your favorite sexual favor
to give, or receive, or share.

The same holds true
for our more “G-rated” delights
such as the sight of a sun set,
the sound of a cat’s purr,

Unlocking Your Buddha Nature: A Guide to Inner Peace

the sensation of a foot rub,
the flavor of a favorite fruit,
or the scent of a flower.

By coordinating the silent, and mental recitation
of “*This*... *ease!*” with our inhalation and exhalation
we could easily bring hedonism
into the paths of mindfulness and meditation. _Λ_

Unlocking Your Buddha Nature: A Guide to Inner Peace

Translators, Scholars, and Yogis

- Translators – words
- Scholars – grammar and comparisons
- Yogis – application and goals
- Goals – not ALL created equal

Unlocking Your Buddha Nature: A Guide to Inner Peace

Impulses are Like Ninjas

- NINJAS rely on ambush
- Mindfulness FIRST line of defense
- Meditation Lincoln's strategy:
(eradicate enemies by making them my friends)

Buddha Nature

- Opposite of Demon (*or Yang*) Nature,
- Enlightened Potential
- Wet Ware
 - 1 Sympathetic nervous system,
 - 2 Parasympathetic nervous system, and
 - 3 Anterior cingulate gyrus

Unlocking Your Buddha Nature: A Guide to Inner Peace

Meditation Healing

- Owner of sick cat asked for help.
- Scolded and derided.
- How to help without falling into duality?
- Lay hands and meditate.
- Practice vulnerability and release. ^

Unlocking Your Buddha Nature: A Guide to Inner Peace

Starting Meditation with ADHD

- Dispelling Misinformation (*the 80/20 rule*)
- Concentration is NOT Mindfulness
- Harnessing the Autonomic Nervous System
- Progressing from 0 - 60 minutes in 12 weeks



Unlocking Your Buddha Nature: A Guide to Inner Peace

Is the Ultimate Goal of Buddhism to Abide in Your Unborn Nature?

- Four Noble Truths
- Eight Fold Path
- Nargarjuna's Two Truths
- Liberation
- Enlightenment



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Mysteries of Enlightenment - Is It Forever or Can You Lose It?

Buddha's Eight-fold Path

Liberation

Enlightenment

EMOTIONS: indictment or acquittal ^

Unlocking Your Buddha Nature: A Guide to Inner Peace
The Surprising Link Between Mindfulness, Personal Magnetism, and Sensuality

- Antidote to Neurosis
- The Promise of Authenticity
- Know thy Self _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace

*When we experience sadness due to unfulfilled expectations,
what strategies can we employ to observe this feeling and help it fade away?*

- **EMOTIONS** neither good nor bad
- **REASONS** a pseudo-intellectual distraction
- **PROFIT** by allowing them to fuel the process



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Hidden Truth: Psychedelic Ego Death vs Buddhist Emptiness

SELFLESNESS: literal or figurative?

PSYCHEDELIC: permanent or temporary?

NARGARJUNA's two truths $_ \wedge _$

Unlocking Your Buddha Nature: A Guide to Inner Peace

*If this reality, sense of self, physical/mental perceptions, degrees of separation
and everything within it is all an "illusion" then what's the point of existing/experiencing it?*

ILLUSION: literal or figurative

LIVE's MEANING: love's centered flow

CULTIVATION: autonomic nervous system

Unlocking Your Buddha Nature: A Guide to Inner Peace
Can I practice both Buddhism and Taoism?

- You're not the boss of me now...
- FEAR-oriented NO
- LOVE-oriented YES
- Going with the Flow and
- Cultivating the Flow. _Λ_

Unlocking Your Buddha Nature: A Guide to Inner Peace
Mastering Emotional Resilience to Conquer Negative Feelings Rapidly

OVERVIEW: intention then method

INTENTION: not enemies or indictments

METHOD: autonomic nervous system



Unlocking Your Buddha Nature: A Guide to Inner Peace

Preventing Creepy Meditative Experiences

MINDFULNESS fatigue

FATIGUE fear

POSTURE supine versus sitting

DURATION (NOT 5-6 hours) 5 to 60 in 12



Unlocking Your Buddha Nature: A Guide to Inner Peace

Finding Inner Peace in Times of Chaos: A Guided Journey

NOT an Indictment

PHYSICAL

MENTAL

NEUROLOGICAL

BENEFITS

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace
Embrace the Beauty of Existence by Experiencing the Magic of Meditation

- Vulnerability's Power
- Freedom from Neurosis
- The Folly of Renunciation
- Entering the Flow



Unlocking Your Buddha Nature: A Guide to Inner Peace
Discover the Zen Meditation secrets to inner peace

- Renzi – contemplation
- Soto – meditation
- Jing – sitting and relaxing
- Chi – breathing
- Shen – noticing and releasing
- Liberation – practice
- Enlightenment – mastery



Unlocking Your Buddha Nature: A Guide to Inner Peace

Unleash the power of mindfulness with these Meditation Tips

- **Short but sweet** (5 min every 12 hours)
- **5 to 60** (in 12 weeks)
- **FEAR'S** controlling tendencies
- **LOVE'S** centered spontaneity
- **EFFORTLESSNESS** of the Autonomic



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unveiling the Hidden Dangers of an Academic Approach to Meditation

Einstein's Quip

Fruit of a Poisoned Tree

Fearful Yang versus Loving Yin

Buddha Promised an Easy Path

Less Intellectual and More Visceral



Unlocking Your Buddha Nature: A Guide to Inner Peace
From Turmoil to Tranquility by Transcending Hope and Fear with Meditation

Fundamental Duality
Four Noble Truths
Mindfulness Perceives Duality
Meditation Transcends Duality _^_

Unlocking Your Buddha Nature: A Guide to Inner Peace
Escape Stress and Find Serenity Through Meditation

Sitting
Noticing
Relaxing
Practice
Mastery

Unlocking Your Buddha Nature: A Guide to Inner Peace
How the Pursuit of Experiences Leads NOT to the Mastery of Meditation

Elitism versus Egalitarianism

Quick and Easy

Effort versus Ease

The Actual Method



Unlocking Your Buddha Nature: A Guide to Inner Peace
Meditation for Anxiety with Tips to help you get started

Lifestyle Choices
More Physical than Psychological
Yin and Yang
Prevention is the Best Cure
Rocket Fuel



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unlock Your Mind's Potential - Clear Thinking through Meditation

Duality Fuels Turmoil
Meditation Fuels NON-duality
Vulnerability Fuels Mindfulness
Clarity Fuels Centered Spontaneity
Flow State Fuels Manifesting



Unlocking Your Buddha Nature: A Guide to Inner Peace
How to Meditate Using 5 tips for Beginners

Sitting

Concentration versus Mindfulness

Letting-go

Liberation defined

Enlightenment defined



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unveil the Secrets of the Science of Meditation

Sympathetic Nervous System
Parasympathetic Nervous System
Amygdala
Anterior Cingulate Gyrus



Unlocking Your Buddha Nature: A Guide to Inner Peace
Non-violence vs. Self-defense - The Ultimate Moral Conundrum Revealed

Rigidity versus Flexibility
Controlling versus Laid-back
Contrivance versus Centered-spontaneity
Cultivation of Centered-spontaneity
Test of Centered-spontaneity



Unlocking Your Buddha Nature: A Guide to Inner Peace
Discover the Secrets of Grounding the Body through Meditation

Parable of the Fraud Hunter
Folly of Breathing-concentration
Body-awareness
Body-release
Body-bliss



Unlocking Your Buddha Nature: A Guide to Inner Peace

Breaking Free - Transcend Limiting Labels Now

Yang Oppresses by Confusing
Samsara and Nirvana are One?

Nargarjuna

Both Wings Needed for Flight
Power in Vulnerability



Unlocking Your Buddha Nature: A Guide to Inner Peace
Boost Your Clarity with Guided Meditation Sessions

Indictment

Unmet Needs

Buddha's 12 Meditations & 4 Contemplations

Emotional Poise

Creative Resourcefulness

Tonight's Guided Meditation

Unlocking Your Buddha Nature: A Guide to Inner Peace
Harnessing our Flaws Paves the Path of Wisdom

Everybody Plays the Fool
Purification is Not Required
Poisons and Wisdoms
Vulnerability
Release



Unlocking Your Buddha Nature: A Guide to Inner Peace

Master the Art of Breathing Meditation - Avoid these Mistakes

Concentration is Not Mindfulness

Rigid Concentration's Anxiety

Spontaneous Mindfulness' Freedom

Just a Metronome



Unlocking Your Buddha Nature: A Guide to Inner Peace
Powerful tips for Managing Brainstorms Occurring during Meditation

Yang's Controlling Tendencies
Jot it Down or Type it Up
Man was Not Made for the Sabbath
Exciting Adventure
Love's Centered-spontaneity



Unlocking Your Buddha Nature: A Guide to Inner Peace
Avoid This Common Mistake - Why Manifesting Hampers Peace

Fundamental Duality

Exacerbates Stress

Liberation

Mindfulness

Meditation



Unlocking Your Buddha Nature: A Guide to Inner Peace
Revitalizing Your Spirit - Meditative Healing for Despondence

Not a Panacea
Psychiatry
The Cries of Unmet Needs
Impeccable Posture
Energy, Joy, and the 7 Factors



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unlock the True Essence of Meditation through Experience

Examples of the Indescribable
Meditation Instructions
Meditation Results
Notice
Release



Unlocking Your Buddha Nature: A Guide to Inner Peace
Breaking Free from Authoritarianism - the Liberating Side of Meditation

Sith Drawn to Positions of Power
Controlling and Elitist
Disempowering
No Permission Required
Notice and Release



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unlock Divine Bliss with the Secrets of Tibetan Tantra

“Divine’s” Confusion Solved
Figure of Speech
Nargarjuna
Two Truths
Togal’s Mantra Contemplation



Unlocking Your Buddha Nature: A Guide to Inner Peace
Stigma of Suffering

Over the Top
Subtle
Indictment
Resistance



Unlocking Your Buddha Nature: A Guide to Inner Peace
Debunk the Myth that Thoughts are the Enemy of Meditation

Lies of Patriarchy
Impotence of Mind Blanking
Grist for the Mill
Noticing and Releasing



Unlocking Your Buddha Nature: A Guide to Inner Peace
Debunking Karma

Inherent Duality
Test of Morality
Neurology
What's Right?



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Secret to Saying Awake During Meditation

Health
Lifestyle
Type of Meditation
Self-talk Vocabulary



Unlocking Your Buddha Nature: A Guide to Inner Peace
Reveal the Dark Secrets of Blessed Objects of Duality Love and Meditation

Rooted in Duality
No Blessing Stronger than Love
Greatest Love: Spontaneous & Uncontrived
Generating Centered Spontaneity



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Shocking Lies that Sabotage Compassion

Hypocrisy (*emotion versus intention*)

We can Run Out
Work Out their Own Karma
Forced



Unlocking Your Buddha Nature: A Guide to Inner Peace
Discover the Key to Finding your Ideal Meditation Teacher

Dalai Lama – his own sect

Dalai Lama – annoyance

Instruction

Application

Analysis



Unlocking Your Buddha Nature: A Guide to Inner Peace
Defend your Mind to Meditate Free from Demonic Influence

What is a Demon
Constantine
Neuroscience
Belief FREE
Emotion PROOF



Unlocking Your Buddha Nature: A Guide to Inner Peace
Supercharge your Productivity by Unlocking the Flow State with Meditation

Shattering the Myth of Focus
The Superiority of Going with the Flow
Generating Centered-spontaneity
The Neuroscience of Meditation



Unlocking Your Buddha Nature: A Guide to Inner Peace

Depersonalization Disorder - the Consequence of Negligent Meditation Instruction

Tsongkhapa's Vest
Newbie Freak-out
Nargarjuna's Remedy
Neuroscientific Perspective Λ

Unlocking Your Buddha Nature: A Guide to Inner Peace
How Meditation Nurtures Morality in a Brutal World

Ruthlessness is Contagious

Ethics could be Refreshing

How Meditation Fits the Bill

—^—

Unlocking Your Buddha Nature: A Guide to Inner Peace
Escape Competitive Stress by Unlocking Inner Calm with Meditation

Gen Wangmo Kelsang

Benefits in Rejoicing in Other's Merit

Amygdala – competition

Anterior Cingulate Gyrus – cooperation

How Meditation Works



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unveil the Secrets of Buddhist Tantra as an Analog of Magick

Is it Manifesting?

Problem with Manifesting

Mantra Meditation

Exercising Empathy

Exercising Release



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unleashing Courage by Breaking Free from the Chains of Fear

Fundamental Duality
Loving-kindness Panacea
Mantra Meditation – Love
How Letting-go Works



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Key to Overcoming Pain and Suffering

biology
exacerbation
liberation
how it works



Unlocking Your Buddha Nature: A Guide to Inner Peace

From Euphoria to Exhaustion: The Reality of Perpetually Racing Thoughts

Monkey Mind

Lies of Patriarchy

Perceiving the Play of Mind

Relaxing into its Nature



Unlocking Your Buddha Nature: A Guide to Inner Peace
The Secret to Stress-free Yoga teaching Revealed

Patrul Rinpoche's Warning
Thubten Tashi's Advice
Personal Practice
Mindfulness Meditation



Unlocking Your Buddha Nature: A Guide to Inner Peace
Discover Powerful Ways to Supercharge your Mindset with Resilience Hacks

GLASS shatters
RUBBER endures
NEUROSCIENCE of stress
Mindfulness Meditation



Unlocking Your Buddha Nature: A Guide to Inner Peace

Unveil the Dark Side of Manifesting and How it is Making You a Nervous Wreck

Push and Pull

Exacerbation of Stress

Yin and Yang

Becoming Laid Back



Unlocking Your Buddha Nature: A Guide to Inner Peace
Overcome Feelings of Meaninglessness

Medical Help

ADHD

NON-neurotic LOVE

Transcendence



Unlocking Your Buddha Nature: A Guide to Inner Peace
Access the Key to Happiness by Cultivating Contentment

3rd Ch'an Patriarch,

“Don't Seek Reality, Just Put a STOP to Opinions”

Neither Repression nor Affirmations

Generalized Vulnerability

Viscerally Letting-go



Unlocking Your Buddha Nature: A Guide to Inner Peace
Discover the Jedi Code Meditation

Emotion into PEACE

Ignorance into KNOWLEDGE

Passion into SERENITY

Chaos into HARMONY

Death into the FORCE



Unlocking Your Buddha Nature: A Guide to Inner Peace
Soothing a Broken Heart

Rolling Stones

Peace in the Midst of Heart Break

NOT changing BUT accepting

Method



Unlocking Your Buddha Nature: A Guide to Inner Peace
Unlock the Mental Balance of a Jedi

Turmoil is Exhausting
Concentration is NOT the Solution
EFFORTLESS remedy
Actual Method



Unlocking Your Buddha Nature: A Guide to Inner Peace
Escaping Humanity's Cycle of Violence

Neuroscience of Peril
Advisors with Agenda
Cooperation trumps Competition
the Contemplative Solution



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Explore How No Nut November Could be a Huge Regret

Not all Trends are Beneficial

Indulging our Controlling Tendencies

Go with the Flow

Generating Centered Spontaneity



Unlocking Your Buddha Nature: A Guide to Inner Peace
Escape Anxiety's Tyranny

Fear can Suck the Joy out of Life
Lifestyle Causes
Psychiatric Option
Fear Meditation



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Explore the Surprising Truth of Imperfect Meditation

BREATH: loss and fixation


Two Phases of Trekcho

The Neuroscience of Meditation

MEDITATION: just a metronome



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Achieve Mental Clarity by Learning How to Meditate

Quiet Place
Consistent Time
Incremental Duration
Method 

Unlocking Your Buddha Nature: A Guide to Inner Peace

Let's Experience Profound Serenity with Emptiness Meditation Techniques

Don't Believe Elitist Lies

Buddha's Schedule

Confusing the Figurative for the Literal

HOW to Actually Do It



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Practice a Powerful Peace Mantra for Palestine & Israel

Heart Breaking Current Events

Mantra's Meaning

Harness the Power of Compassion

Side Stepping Neurosis 

Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Escape Hatred during Fascism's Return

Fascism is Returning
Absurdity of Hating our Way out of Hate
Meditation's Method
NON-duality's Refinement



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Explore the Hidden Value of Recreation and Creativity

Controlling, Elitist Grinches
VILLANS lacking wisdom and love
Evolutionary Need
No Extra Points for Suffering



Unlocking Your Buddha Nature: A Guide to Inner Peace
Let's Embrace Enlightenment's Meaning and Fulfillment

Stress
Exacerbation
Liberation
Means
Mastery



Unlocking Your Buddha Nature: A Guide to Inner Peace

**Their nudity reminds us
of mindfulness' vulnerability,
their bodies comprised of light
remind us of non-graspability,**

**their beauty reminds us
of love's energy,
the stability with which he sits
reminds us of centeredness, and**

**the abandon with which she sports
reminds us of spontaneity.**

MEDITATE ^{LIKE} _A JEDI



t

Unlocking Your Buddha Nature: A Guide to Inner Peace

May love and insight
drive our veganism.

The love that yearns to minimize
our participation
in the exploitation of others;

and the insight the seeks
sustainability,
both ecological and medical.

MEDITATE ^{LIKE} A JEDI

Unlocking Your Buddha Nature: A Guide to Inner Peace